



WESTINGHOUSE CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6:00 SpinSpinSpin Christina	6:00 TRX Body Blast Leah	6:00 Power Up Aubree	6:00 SpinSpinSpin Ali	6:00 Row Pilates Aubree		
6:30 AM							
7:00 AM	7:00 Row Pilates Leah		7:00 Mat Pilates Aubree			7:15 SpinSpinSpin Christina	
7:30 AM							
8:00 AM							
8:30 AM	8:30 SpinSpinSpin Leah	8:15 TRX Body Blast Leah	8:15 V-Fit Barre Cardio Aubree	8:15 Power Up Aubree	8:15 Spin&Stretch Leah	8:15 TRX Body Blast Christina	
9:00 AM							9:00 Weekend Warrior Rotation
9:30 AM	9:30 Wheels & Weights Ali	9:30 V-Fit Barre Booty Ali	9:30 SpinSpinSpin Leah	9:30 V-Fit Barre Sculpt Jami	9:30 Power Up Leah	9:30 V-Fit Barre Cardio Ali	
10:00 AM							
10:30 AM							10:15 AIReal Yoga Rotation
11:00 AM						10:45 SpinSpinSpin Ali	
11:30 AM							
4:00 PM							
4:30 PM		4:15 TRX Express Jami		4:15 Wheels&Wts Claire			
5:00 PM							
5:30 PM	5:15 Wheels & Weights Leah	5:15 Pilates + Cardio Claire	5:15 V-Fit Barre Sculpt Leah	5:15 TRX HIIT Leah			
6:00 PM							
6:30 PM	6:30 Triple Threat Leah	6:30 Power Hour Jami	6:30 Wheels & Weights Christina	6:30 SpinSpinSpin Christina			
7:00 PM							
7:30 PM				7:30 AIReal Yoga Leah			
8:00 PM							



MAIN STREET CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		6:00 V-Fit Barre		6:00 V-Fit Barre	6:00 Pilates/Foam		
6:30 AM		Cardio Ali		Booty Leah	Roll Claire		
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	8:15 V-Fit Barre Booty Aubree	8:15 V-Fit Barre Sculpt Aubree	8:15 Yoga Flow Andrea		8:15 V-Fit Barre Core Ali		
9:00 AM						9:00 Yoga Flow Dani	9:00 V-Fit Barre Sculpt Jessica
9:30 AM	9:30 AFS Yogalates Andrea	9:30 AFS TRX Aubree		9:30 AFS Strength Training Claire	9:30 AFS Yoga Andrea		
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	5:30 V-Fit Barre Sculpt Jessica	5:15 Power Up Aubree	5:30 Yogalates Claire	5:15 V-Fit Barre Booty Aubree			
6:00 PM							
6:30 PM		6:30 V-Fit Barre Core Aubree	6:45-7:45 Restorative Yoga Dani				
7:00 PM							

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QUESTIONS? CALL 805.535.4277
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