

Hot Mat Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM		6AM		6AM		8:30AM
7AM		7AM		7AM		9:30AM
9:30AM		9:30AM				
	5:30PM		5:30PM			
	6:30PM		6:30PM			
	7:30PM		7:30PM			

FORM	SPICE	YOGA
------	-------	------

Reformer Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6AM		6AM		7:30AM	
	7AM		7AM		8:30AM	
					9:30AM	
				9:30AM		
				10:30AM		
12:30PM	12:30PM	12:30PM	12:30PM	12:30PM		
5:30PM		5:30PM				
6:30PM		6:30PM				
7:30PM		7:30PM				

RESTORE	ATHLETIC
---------	----------