

6:30 AM

8:00 AM

12:15 PM	PILATES SERENA ROOM B	SPIN MARY ROOM A	PILATES SERENA ROOM B	SPIN MARY ROOM A	Gentle stretch DEB ROOM A	
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12:15 PM	POUND WENDY ROOM A			POUND WENDY ROOM B		
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12:15 PM

4:00 PM	PILATES SERENA ROOM B	Yoga Stephanie ROOM B	Yoga Stephanie ROOM B	PILATES SERENA		
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