

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
5.45am					bodybalance		
6.00am		grit cardio		grit strength			
8.30am						bodybalance	grit cardio
9.00am	grit cardio	grit strength			grit cardio		
9.30am	cycle/tht	bodycombat cycle	step/circuit	boxercise	bodypump	bodypump	bodypump
10.30am	bodypump	pilates	cycle/abs	pilates		bodycombat cycle	
5.00pm	grit strength	express abs					
5.30pm	latino blast cycle	boxercise	grit cardio/abs	bodycombat cycle			
6.00pm					boxercise		
6.30pm	bodypump	zumba cycle	bodycombat cycle	bodypump			
7.00pm					zumba		
7.30pm	step	bodybalance	grit strength	pilates			