



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM 7:00 AM	Optimal Movement Training		Optimal Movement Training			
6:15 AM 7:00 AM	Boxing		Boxing			
7:30 AM 8:30 AM						Spartan Training
9:30 AM 10:30AM	 Mums and Bubs Pilates	Pilates (Linda)		Yoga (Linda)		Pilates (Linda)
10:00AM	Optimal Movement Training		Optimal Movement Training		 Spinal Fitness	
11:00AM 11:30AM						
4:00 PM 5:00 PM					Aerobics	
4:30 PM 5:30 PM			Teen Optimal Movement Training 13-18 YO			
6:00 pm 7:00 pm	Circuit		Optimal Movement Training	Strength		
6:30 pm 7:30 pm		Pilates (Linda)		Pilates (Linda)		
7:00 pm 8:00 pm	Stretch		Yoga (Linda)			