	Monday		Tuesday		Wednesday		Friday		Saturday		Sunday	
	3F	2F	3F	2F	3F	2F	3F	2F	3F	2F	3F	2F
10:00	10:00-10:45 Spine Yoga		10:00-10:45 Booty Yoga		10:00-10:45 Pelvic Yoga		10:00-10:45 Deep Stretch Yoga		10:00-10:45 Booty Yoga		10:00-10:45 Pelvic Yoga	
11:00		11:00-11:25 Hips×Run 11:30-11:55 Abs×Run	11:00-11:45 Spine Yoga			11:00-11:45 Lite Circuit	11:00-11:45 Booty Yoga			11:00-11:25 Hips×Run 11:30-11:55 Abs×Run		11:00-11:45 Lite Circuit
12:00	12:00-12:45 Pelvic Yoga			12:00-12:45 Lite Circuit	12:00-12:45 Spine Yoga			12:00-12:45 Lite Circuit	12:00-12:45 Pelvic Yoga		12:00-12:45 Deep Stretch Yoga	
13:00												
14:00												
15:00												
16:00									15:30-16:15 Booty Yoga		15:30-16:15 Mat Pilates	
17:00										16:30-17:15 Lite Circuit		16:30-17:15 Lite Circuit
18:00	18:00-18:45 Spine Yoga		18:00-18:45 Mat Pilates		18:00-18:45 Pelvic Yoga		18:00-18:45 Booty Yoga		17:30-18:15 Ojas Yoga		17:30-18:15 Booty Yoga	
19:00	18:55-19:40 POP Pilates			18:50-19:15 Hips×Run 19:20-19:45 Abs×Run	18:55-19:40 Booty Yoga			18:55-19:40 Lite Circuit				
20:00		19:50-20:35 Lite Circuit	19:50-20:35 Spine Yoga			19:50-20:35 Lite Circuit	19:50-20:35 Spine Yoga					
21:00	20:45-21:30 Booty Yoga		20:45-21:30 Pelvic Yoga		20:45-21:30 Candle Yoga		20:45-21:30 Deep Stretch Yoga					
22:00												