

Monday	Tuesday	Wednesday
<p>5:15 A - HIIT w Jacky 6:00 A - MaxBurn w Jacky 7:15 A - S.G.T. w Jim</p> <p>5:00 P - 614Worx w Elicia 6:00 P - S.G.T. w Jim 7:00 P - Stretch & Roll w Jim</p> <p>Personal Training by Appointment</p>	<p>5:15 A - HIIT w Jacky 6:00 A - S.G.T. W Jacky 7:15 A - MaxBurn w Jacky</p> <p>5:30 P - Body Ropes FX W Nick 6:30 P - Barbell w Nick</p> <p>Personal Training by Appointment</p>	<p>5:15 A - S.G.T. w Elicia 6:00 - 614Worx w Elicia 8:30 A - MaxBurn w Elicia 5:00 P - Abs & Booty w Elicia 5:30 P - HIIT w Miranda 6:30 P - Deep Stretch Yoga w Mel</p> <p>Personal Training by Appointment</p>

Thursday	Friday	Saturday	Sunday
<p>5:15 A - HIIT w Jacky 6:00 A - 614Worx w Elicia</p> <p>6:00 P - Lift! w Jim & Susan 7:00 P - MaxBurn w Jim & Susan</p> <p>Personal Training by Appointment</p>	<p>5:15 A - 614Worx w Ashley 7:15 A - Lift! w Jim</p> <p>5:30 P - MaxBurn w Jim</p> <p>Personal Training by Appointment</p>	<p>7:30 A - HIIT w Miranda 8:30 A - S.G.T. w Jim</p> <p>Personal Training by Appointment</p>	<p>8:30 A - Lift! w Jim & Susan 9:30 A - Sunday Core w Ashley 10:30 A - 614Worx w Ashley 2:45 P - Power Yoga w Naomi</p> <p>Personal Training by Appointment</p>