

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	<u>Indoor Cycling</u> 45 minutes / Jennifer	<u>Indoor Cycling</u> 45 minutes / Christina	<u>Indoor Cycling</u> 45 minutes / Jennifer	<u>Indoor Cycling</u> 45 minutes / Christina	<u>Indoor Cycling</u> 45 minutes / Jennifer		
6:30am							
7:00am	<u>Yoga</u> 60 minutes / Jocelyn		<u>Yoga</u> 60 minutes / Jocelyn				
7:30am		<u>Pilates/Yoga Fusion</u> 60 minutes / Jocelyn		<u>Pilates/Yoga Fusion</u> 60 minutes / Isabel			
9:00am						TRX - ***NEW*** 60 minutes/Ryan	
9:30am				<u>Indoor Cycling</u> (Coming Soon!)			<u>Extreme Spin</u> **Oct 26** 75 minutes/Christina
10:00am							
10:15am						<u>Indoor Cycling & Abs</u> 45 minutes / Judi <u>Pilates/Yoga Fusion</u> 60 minutes Isabel	
12:00pm	<u>Treadmill Burn</u> 45 minutes / Leslie		<u>Treadmill Burn</u> 45 minutes / Leslie		<u>Treadmill Burn</u> 45 minutes / Leslie		
5:00pm							
6:00pm	<u>Indoor Cycling</u> 45 minutes / Judi <u>Kick Box Burn</u> 60 minutes / Joe	<u>Indoor Cycling</u> 45 minutes / Judi TRX - ***NEW*** 50 minutes with Morgan	<u>Kick Box Burn</u> 60 minutes / Joe <u>Indoor Cycling</u> 45 minutes/Ella	<u>Indoor Cycling</u> 45 minutes/Kylee TRX - ***NEW*** 50 minutes with Morgan	<u>Indoor Cycling</u> 45 minutes /Ella <u>Kick Box Burn</u> 60 minutes /Mike		
7:00pm	<u>Burn Yoga</u> Level 2-3 90 minutes / Joe	<u>Belly Dancing</u> 60 minutes/ Aida <u>Indoor Cycling</u> 45 minutes / Christina	<u>Burn Yoga</u> Level 2-3 90 minutes / Joe	<u>Indoor Cycling</u> 45 minutes / Christina			
7:15pm							
8:00pm		<u>Burn Yoga</u> 60 minutes/Jay Co					

Schedules subject to change without notice. Visit: www.burnfit.com for updated class schedules.

