

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|---|---|---|---|
| StagesStudio Cycling 5:45am-6:45am Wheeler Cycling Studio | BodyPump 5:45am-6:45am Indoor Turf | StagesStudio Cycling 5:45am-6:45am Wheeler Cycling Studio | X-Training 5:45am-6:45am Baker's Tank | StagesStudio Cycling 5:45am-6:45am Wheeler Cycling Studio | | |
| Body Pump 7:15am-8:15am Indoor Turf | Total Body Strength 7:15am-8:15am Indoor Turf | Body Pump 7:15am-8:15am Indoor Turf | Total Body Strength 7:15am-8:15am Indoor Turf | Cardio, Strength & Core 7:00am-8:00am Georgia Pass Studio | | |
| Yoga 7:30am-8:30am Georgia Pass Studio | | Vinyasa Yoga 7:30am-8:30am Georgia Pass Studio | | | | |
| Strength & Balance 8:45am-9:45am Georgia Pass Studio | Functional Mobility 8:45am-9:45am Georgia Pass Studio Strength & Core 9:00-10:00am Baker's Tank | Strength & Balance 8:45am-9:45am Georgia Pass Studio | Barre Fusion 9:00-10:00am Georgia Pass Studio | Yoga 8:45am-9:45am Georgia Pass Studio Strength & Core 9:00-10:00am Baker's Tank | BodyPump 8:45am-9:45am Indoor Turf StagesStudio Cycling 8:45am-9:45am Wheeler Cycling Studio | BodyPump 8:45am-9:45am Indoor Turf |
| Mat Pilates 10:15am-11:15am Indoor Turf | Barre Fusion 10:15am-11:15am Georgia Pass Studio | Stability Ball Pilates 10:15am-11:15am Georgia Pass Studio | YoFlow 10:15am-11:15am Georgia Pass Studio | Mat Pilates 10:15am-11:15am Indoor Turf Barre Fusion 10:15am-11:15am Georgia Pass Studio | | Yoga Sculpt 10:15am-11:15am Georgia Pass Studio |
| | YoFlow 11:30am-12:30pm Georgia Pass Studio | | Mat Pilates 11:30am-12:30pm Georgia Pass Studio | | | |
| POWER 11:45am-12:45pm Indoor Turf | StagesStudio Cycling 11:45am-12:45pm Wheeler Cycling Studio | POWER 11:45am-12:45pm Indoor Turf | StagesStudio Cycling 11:45am-12:45pm Wheeler Cycling Studio | BodyPump 11:45am-12:45pm Indoor Turf | | |
| | Stretch & Core 1:00pm-1:45pm Georgia Pass Studio | | Stretch & Core 1:00pm-1:45pm Georgia Pass Studio | | | |
| Yoga 6:00pm-7:00pm Georgia Pass Studio StagesStudio Cycling 6:00pm-7:00pm Wheeler Cycling Studio | Cardio, Strength & Core 6:00pm-7:00pm Georgia Pass Studio | StagesStudio Cycling 6:00pm-7:00pm Wheeler Cycling Studio | BodyPump 5:45-6:45pm Indoor Turf | | | |