

WORLD GYM
GROUP EX STUDIO

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT 9:30am	BODYPUMP 9:30 am	Barre 9:30am	BODYPUMP 9:30 am	Barre 9:30am	BODYPUMP 9:00am	BODYPUMP 8:30 am
	Stretch & Flex Express 10:30am		Zumba 10:30am			BODYATTACK 9:30am
	BODYPUMP 4:00pm	TBC 4:00pm		HIIT 4:00pm		Yoga 10:30am
	BODYCOMBAT 5:30pm	BODYATTACK 5:00pm	BODYPUMP 5:00pm	Yoga 5:30pm	BODYCOMBAT 5:00 pm	

SPIN STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPRINT/Spinning 8:45am	Spinning 5:15am		Spinning 5:15am			
			Spinning 10:00am		SPRINT 10:00am	
	Spinning 5:15pm			SPRINT 4:30pm		