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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8:30-9:30am** | **Cross**  **Training** |  | **Cross Training** |  | **Cross Training** |
|  |  |  |  |  |  |
| **4:00-4:20pm** | **Core** | **Core** | **Core** | **Core** |  |
| **4:25-5:25pm** | **Cross Training** | **HalfHourPower**  (30 Mins)  **Vinyasa Flow**  (30 Mins) | **Cross Training** | **HalfHourPower**  (30 Mins)  **Vinyasa Flow**  (30 Mins) |  |
| **5:30-6:30pm** |  |  | **Circuit Conditioning**  (5:40-6:30pm) |  |  |
| **6:35-7:35pm** | **Zumba** | **Zumba** | **Zumba** | **Zumba** |  |
| **7:40-8:40pm** | **Total Muscle Conditioning** | **Ashtanga- Yoga** | **Ashtanga-Yoga** | **Total Muscle**  **Conditioning** |  |