

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30AM	Stretch and Sculpt	Booty Kickin' Step	Full Body Blast	Step and Low Combo	Ball Boot Camp	
7:00AM	Latin Groove	Yoga Poses	BLT-Butt, Legs, & Thighs	Stretch and Sculpt	Discover Yoga	
7:30AM	Ball Boot Camp	Step and Low Combo	Cardioball Low	Pilates on the Floor	Booty Kickin' Step	
8:00AM	Cardioball Low	Stretch and Sculpt	Yoga Poses	Kickin' Boot Camp	BLT-Butt, Legs, & Thighs	
8:30AM	BLT-Butt, Legs, & Thighs	Discover Yoga	Booty Kickin' Step	Ball Pilates 2	Latin Groove	
9:00AM	Step and Low Combo	Latin Groove	Ball Pilates 2	Cardioball Low	Full Body Blast	Stretch and Sculpt
9:30AM	Full Body Blast	Cardioball Low	Discover Yoga	Ball Boot Camp	Step and Low Combo	Kickin' Boot Camp
10:00AM	Ball Pilates 2	Pilates on the Floor	Step and Low Combo	Yoga Poses	Cardioball Low	Full Body Blast
10:30AM	Booty Kickin' Step	BLT-Butt, Legs, & Thighs	Ball Boot Camp	Latin Groove	Stretch and Sculpt	Cardioball Low
11:00AM	Cardioball Low	Kickin' Boot Camp	Latin Groove	BLT-Butt, Legs, & Thighs	Yoga Poses	Step and Low Combo
11:30AM	Stretch and Sculpt	Step and Low Combo	Pilates on the Floor	Step and Low Combo	Ball Boot Camp	BLT-Butt, Legs, & Thighs
12:00PM	Latin Groove	Cardioball Low	Stretch and Sculpt	Booty Kickin' Step	Ball Pilates 2	Latin Groove
12:30PM	BLT-Butt, Legs, & Thighs	Ball Boot Camp	Cardioball Low	Discover Yoga	Latin Groove	Yoga- mid-section
1:00PM	Kickin' Boot Camp	Ball Pilates 2	Step and Low Combo	Cardioball Low	Booty Kickin' Step	
1:30PM	Step and Low Combo	Yoga Poses	Ball Boot Camp	Stretch and Sculpt	Pilates on the Floor	
2:00PM	Ball Pilates 2	Latin Groove	Full Body Blast	Kickin' Boot Camp	BLT-Butt, Legs, & Thighs	
2:30PM	Ball Boot Camp	Step and Low Combo	BLT-Butt, Legs, & Thighs	Latin Groove	Cardioball Low	
3:00PM	Discover Yoga	Stretch and Sculpt	Latin Groove	Full Body Blast	Step and Low Combo	
3:30PM	Cardioball Low	Booty Kickin' Step	Discover Yoga	Step and Low Combo	Stretch and Sculpt	
4:00PM	Stretch and Sculpt	Full Body Blast	Cardioball Low	Ball Pilates 2	Kickin' Boot Camp	
4:30PM	Latin Groove	Cardioball Low	Step and Low Combo	Ball Boot Camp	Discover Yoga	
5:00PM	Booty Kickin' Step	Step and Low Combo	Ball Pilates 2	Cardioball Low	Latin Groove	
5:30PM	Pilates on the Floor	BLT-Butt, Legs, & Thighs	Booty Kickin' Step	Yoga Poses	Cardioball Low	
6:00PM	Step and Low Combo	Ball Boot Camp	Pilates on the Floor	Latin Groove	Full Body Blast	
6:30PM	BLT-Butt, Legs, & Thighs	Kickin' Boot Camp	Cardioball Low	Stretch and Sculpt	Booty Kickin' Step	
7:00PM	Cardioball Low	Discover Yoga	Yoga Poses	Step and Low Combo		
7:30PM	Kickin' Boot Camp	Latin Groove	Step and Low Combo	BLT-Butt, Legs, & Thighs		

**FEATURED CLASSES THIS MONTH**

*Cardio*

Latin Groove
Step and Low Combo
Cardioball Low
Ball Boot Camp
Booty Kickin' Step
Kickin' Boot Camp

*Sculpting*

Stretch and Sculpt
BLT-Butt, Legs, & Thighs
Ball Pilates 2

*Mind/Body*

Discover Yoga
Pilates on the Floor
Full Body Blast
Yoga Poses

**COLOR KEY CHART**

Beginning
Beginning
Beginning
Intermediate
Advanced
Advanced