

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
X-Fit 3:00 PM Masoud Multifunction	Cardio Zone 3:00 PM Hamza Conditioning	3D-WORX 3:00 PM Masoud Boxing / TRX	Fitness Zone 3:00 PM Masoud Conditioning	Extreme Tabata 3:00 PM Masoud Multifunction	Rowing 3:00 PM Hamza Boxing / TRX
BODY BALANCE 4:00 PM Virtual Multifunction	THE TRIP 3:00 PM Virtual Spinning Studio	Fitness Zone 4:00 PM Marian Conditioning	Cardio Step 4:00 PM Hamza Multifunction	Core Workout 4:00 PM Marian Multifunction	X-Fit 4:00 PM Masoud Multifunction
Spinning 4:00 PM Bohdan Spinning Studio	Functional Zone 4:00 PM Masoud Conditioning	CXWORX 4:00 PM Virtual Multifunction	3D-WORX 4:00 PM Masoud Boxing / TRX	Rowing 4:00 PM Hamza Boxing / TRX	THE TRIP 4:00 PM Virtual Spinning Studio
Fitness Zone 5:00 PM Bohdan Conditioning	LES MILLS BODYPUMP 4:00 PM Marian Multifunction	LES MILLS GRIT 5:00 PM Hamza Multifunction	Functional Zone 5:00 PM Bohdan Conditioning	BODY ATTACK 5:00 PM Virtual Multifunction	Cardio Zone 5:00 PM Hamza Conditioning
Strength Zone 6:00 PM Hamza Conditioning	Kettlebell Workout 5:00 PM Bohdan Boxing / TRX	LES MILLS BODYPUMP 6:00 PM Marian Multifunction	LES MILLS sprint 5:00 PM Virtual Spinning Studio	T.R. Extreme 5:00 PM Hamza Boxing / TRX	Power zone 6:00 PM Marian / Masoud Conditioning
Core Workout 6:00 PM Masoud Multifunction	Fitness Zone 6:00 PM Masoud Conditioning	Spinning 6:00 PM Masoud Spinning Studio	LES MILLS GRIT 6:00 PM Bohdan Multifunction	Extreme Tabata 6:00 PM Marian Multifunction	LES MILLS BODYCOMBAT 6:00 PM Hamza Multifunction
LES MILLS BODYPUMP 7:00 PM Hamza Multifunction	Boxing Fitness 6:00 PM Bohdan Boxing / TRX	Strength Zone 7:00 PM Hamza Conditioning	Kickboxing 6:00 PM Hamza Boxing / TRX	Kettlebell Workout 6:00 PM Masoud Boxing / TRX	Boxing Fitness 7:00 PM Bohdan Boxing / TRX
BODY ATTACK 8:00 PM Virtual Multifunction	Cardio Step 7:00 PM Hamza Multifunction	BODY ATTACK 7:00 PM Virtual Multifunction	Core Workout 7:00 PM Marian Multifunction	Spinning 7:00 PM Hamza Spinning Studio	RPM 7:00 PM Virtual Spinning Studio
Rowing 8:00 PM Masoud Boxing / TRX	Core Workout 8:00 PM Masoud Multifunction	Boxing Fitness 8:00 PM Hamza Boxing / TRX	TRX Workout 7:00 PM Masoud Boxing / TRX	Cardio Zone 8:00 PM Masoud Conditioning	3D-WORX 8:00 PM Bohdan Boxing / TRX
Extreme Tabata 9:00 PM Hamza Multifunction	RPM 8:00 PM Virtual Spinning Studio	T.R. Extreme 9:00 PM Masoud Boxing / TRX	Fitness Zone 8:00 PM Hamza Conditioning	BODY BALANCE 9:00 PM Virtual Multifunction	Core Workout 9:00 PM Masoud Multifunction
	Cardio Zone 9:00 PM Hamza Conditioning		RPM 9:00 PM Virtual Spinning Studio		

LOW INTENSITY
MEDIUM INTENSITY
HIGH INTENSITY