

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

■	LOW INTENSITY
■	MEDIUM INTENSITY
■	HIGH INTENSITY