

TRAINING SESSIONS

2021 DECEMBER



ROOM COLOR KEY:

BASKETBALL COURT

MIND BODY ROOM

MOBILITY ROOM

POOLS

CYCLE

SUNDAY

8:00 am 50 min YOGA Alondra R

MONDAY

5:30 am 50 min HIIT Victoria P
 7:30 am 50 min YOGA Harsha G
 8:30 am 45 min FOREVER FIT Victoria P
 5:30 pm 50 min HIIT Victoria P

TUESDAY

8:30 am 50 min HIIT Victoria P
 5:30 pm 50 min HIIT Victoria P

WEDNESDAY

5:30 am 50 min HIIT Victoria P
 7:30 am 50 min YOGA Harsha G
 8:30 am 45 min FOREVER FIT Victoria P
 5:30 pm 50 min HIIT Victoria P

THURSDAY

7:30 am 50 min YOGA Alondra R
 8:30am 50 min AQUA FIT Alondra R
 8:30 am 50 min HIIT Victoria P
 9:30 am 40 min SPRINT CYCLE Alondra R
 5:30 pm 50 min HIIT Victoria P

FRIDAY

5:30 am 50 min HIIT Victoria P
 6:30 am 40 min Cardio & Core Victoria P
 8:00 am 50 min POP PILATES Alondra R
 8:30 am 50 min HIIT Victoria P

SATURDAY

9:00 am 50 min HIIT Victoria P
 10:00 am 30 min ROLL & RECOVERY Victoria P



PILATES IS BACK!

JOIN US ON FRIDAYS AT 8:00 AM!

Don't miss out on Alondra's new Pop Pilates class! If you think a minute goes by fast, you've never held an earthquake pose in POP Pilates!

