

## Group Fitness Week 1

Monday 03 Jan	Tuesday 04 Jan	Wednesday 05 Jan	Thursday 06 Jan	Friday 07 Jan	Saturday 08 Jan	Sunday 09 Jan
<b>PUMP VOD</b> 06:00 - 11:00 <i>Video On Demand</i>	<b>Breathe-VOD</b> 06:00 - 23:55 <i>Video On Demand</i>	<b>PUMP VOD</b> 06:00 - 11:00 <i>Video On Demand</i>	<b>Mynd Relax VOD</b> 06:00 - 23:55 <i>Video On Demand</i>		<b>Mynd Breathe VOD</b> 06:00 - 23:55 <i>Video On Demand</i>	
	<b>SPIN VOD</b> 07:00 - 23:55 <i>Video On Demand</i>		<b>SPIN VOD</b> 07:00 - 23:55 <i>Video On Demand</i>			
						<b>SPIN around the world</b> 07:30 - 23:00 <i>Video On Demand</i>
		<b>Mindful Practice</b> 08:00 - 08:30 <i>Jose Maresma</i>		<b>STEP VOD</b> 08:00 - 09:00 <i>Video On Demand</i>		
					<b>Power Yoga</b> 08:15 - 09:15 <i>Jennifer Dicaire</i>	
<b>Morning Flow</b> 08:30 - 09:00 <i>Jennifer Dicaire</i>		<b>ROLL with It</b> 08:30 - 09:00 <i>Amber Rowland</i>	<b>Athletic Pilates</b> 08:30 - 09:30 <i>Penelope Boyle</i>			<b>COMBAT VOD</b> 08:30 - 23:00 <i>Video On Demand</i>
	<b>Get Sculpted</b> 08:45 - 09:45 <i>Elysa Monk</i>					
<b>Deep Stretch</b> 09:00 - 09:30 <i>Jennifer Dicaire</i>		<b>Yoga Fusion</b> 09:00 - 09:30 <i>Amber Rowland</i>		<b>HIIT</b> 09:00 - 09:45 <i>Kirstin Schell</i>		
					<b>Zumba</b> 09:15 - 10:15 <i>Elysa Monk</i>	
<b>Spinning</b> 09:30 - 10:30 <i>Kirstin Schell</i>		<b>Core and More</b> 09:30 - 10:00 <i>Jennifer Ardit</i>	<b>HIIT</b> 09:30 - 10:30 <i>Elysa Monk</i>			<b>Barre</b> 09:30 - 10:15 <i>Elysa Monk</i>
<b>Tabata</b> 09:30 - 10:30 <i>Jennifer Ardit</i>						
				<b>Essentrics</b> 09:45 - 10:30 <i>Kirstin Schell</i>		
	<b>Reboot</b> 10:00 - 10:45 <i>Celine Elfassy</i>	<b>Cardio Blast</b> 10:00 - 10:45 <i>Jennifer Ardit</i>				
<b>HIIT</b> 10:30 - 11:00 <i>Kirstin Schell</i>			<b>Muscle Blast</b> 10:30 - 11:15 <i>Jennifer Ardit</i>	<b>Cardio Tone</b> 10:30 - 11:15 <i>Lynn Schwartz</i>	<b>Amazing Arms</b> 10:30 - 11:00 <i>Elysa Monk</i>	<b>Muscle Blast</b> 10:30 - 11:00 <i>Elysa Monk</i>
	<b>AB Blast</b> 10:45 - 11:15 <i>Celine Elfassy</i>					
<b>Core and More</b> 11:00 - 11:30 <i>Kirstin Schell</i>						
			<b>Barre</b> 11:15 - 12:15 <i>Stacey Lieberman</i>			
<b>COMBAT VOD</b> 12:00 - 23:55 <i>Video On Demand</i>	<b>Zumba Express</b> 12:00 - 12:45 <i>Elysa Monk</i>	<b>Athletic Pilates</b> 12:00 - 13:00 <i>Penelope Boyle</i>	<b>COMBAT VOD</b> 12:00 - 23:55 <i>Video On Demand</i>	<b>Step</b> 12:00 - 12:30 <i>Tanya Narang</i>		
				<b>Amazing Arms</b> 12:30 - 13:00 <i>Tanya Narang</i>		
	<b>STEP VOD</b> 17:00 - 18:00 <i>Video On Demand</i>		<b>HIIT</b> 17:00 - 18:00 <i>Tanya Narang</i>			
<b>SPIN VOD</b> 17:30 - 18:30 <i>Video On Demand</i>		<b>COMBAT VOD</b> 17:30 - 18:30 <i>Video On Demand</i>				
	<b>20-20-20</b> 18:00 - 19:00 <i>Elysa Monk</i>		<b>SPIN VOD</b> 18:00 - 18:30 <i>Video On Demand</i>			
<b>Total Body Cond.</b> 18:30 - 19:30 <i>Angelica Sergi</i>		<b>PUMP VOD</b> 18:30 - 19:30 <i>Video On Demand</i>				

						<b>Mynd De-Stress VOD</b> 19:30 - 23:55 <i>Video On Demand</i>
<b>Mynd Breathe VOD</b> 21:00 - 22:00 <i>Video On Demand</i>						