

RISE FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		Spin		Spin		Spin	
8:00 AM						Bootcamp	
8:30 AM	Spin	HIIT	Spin	HIIT	Bootcamp		
9:30 AM	Pilates Sculpt	Lift	Lift	Lift	Zumba		
5:30 PM	Lift	Lift Cardio Blast	Lift Cardio Blast	Breath & Movement			
6:30 PM							