

W FIT STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WOMEN'S ONLY AREA 5:00am-5:30am	WOMEN'S ONLY AREA 5:00am-7:00am	WOMEN'S ONLY AREA 5:00am-5:30am	WOMEN'S ONLY AREA 5:00am-5:30am	WOMEN'S ONLY AREA 5:00am-6:30am	FITNESS PROGRAMING 6:00am-7:00am	FITNESS PROGRAMING 6:00am-8:30am
RHYTHM RIDE 5:45am <i>Theresa</i>		RHYTHM RIDE 5:45am <i>Theresa</i>	HIIT RIDE 5:45am <i>Melissa Lo</i>			
FITNESS PROGRAMING 7:00am-9:00am	FITNESS PROGRAMING 7:00am-9:00am	FITNESS PROGRAMING 7:00am-8:00am		FITNESS PROGRAMING 7:45am-8:15am		
RHYTHM POWER PULSE 9:30am <i>Jen S</i>	POWER RIDE 9:30am <i>Deb</i>	TABATA CYCLE 8:30am <i>Michele</i>	FITNESS PROGRAMING 7:00am-9:00am		POWER RIDE 7:30am <i>Pauline</i>	
BUILD & BURN 10:30am <i>Danielle</i>		BUILD & BURN 9:30am <i>Danielle</i>	RHYTHM RIDE & SCULPT 9:30am <i>Jen P</i>	RHYTHM RIDE 8:30am <i>Jen P</i>		POWER RIDE & MINDFUL STRETCH 9:00am <i>Pauline</i>
WOMEN'S ONLY AREA 12:00pm-4:00pm	PULSE POWER 10:30am <i>Danielle</i>	FITNESS PROGRAMING 10:30am-12:00pm			RHYTHM RIDE 9:00am <i>Nancy</i>	
FITNESS PROGRAMING 4:00pm-5:00pm	WOMEN'S ONLY AREA 12:00pm-4:00pm	WOMEN'S ONLY AREA 12:00pm-4:00pm	PULSE POWER 10:30am <i>Danielle</i>	BUILD & BURN 9:30am <i>Danielle</i>		FITNESS PROGRAMING 10:30am-12:00pm
RHYTHM RIDE & SCULPT 5:30pm <i>Jen P</i>	FITNESS PROGRAMING 4:00pm-8:00pm	POWER RIDE & MINDFUL STRETCH 5:30pm <i>Pauline</i>	WOMEN'S ONLY AREA 12:00pm-4:00pm	FITNESS PROGRAMING 10:30am-12:00pm	FITNESS PROGRAMING 10:30am-12:00pm	
FITNESS PROGRAMING 7:00pm-8:00pm		FITNESS PROGRAMING 7:00pm-8:00pm	FITNESS PROGRAMING 4:00pm-8:00pm			
WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 12:00pm-8:00pm	WOMEN'S ONLY AREA 12:00pm-6:00pm	WOMEN'S ONLY AREA 12:00pm-6:00pm



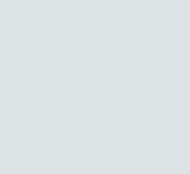
DESIGNATED SPACE FOR
WOMEN'S ONLY WORKOUT



FITNESS
PROGRAMMING



WCYCLE
CLASSES



GROUP X
CLASSES

W FIT STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WOMEN'S ONLY AREA 5:00am-5:30am	WOMEN'S ONLY AREA 5:00am-7:00am	WOMEN'S ONLY AREA 5:00am-5:30am	WOMEN'S ONLY AREA 5:00am-5:30am	WOMEN'S ONLY AREA 5:00am-6:30am	FITNESS PROGRAMING 6:00am-7:00am	FITNESS PROGRAMING 6:00am-8:30am
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FITNESS PROGRAMING 7:00pm-8:00pm		FITNESS PROGRAMING 7:00pm-8:00pm	FITNESS PROGRAMING 4:00pm-8:00pm			
WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 8:00pm-10:00pm	WOMEN'S ONLY AREA 12:00pm-8:00pm	WOMEN'S ONLY AREA 12:00pm-6:00pm	WOMEN'S ONLY AREA 12:00pm-6:00pm



DESIGNATED SPACE FOR
WOMEN'S ONLY WORKOUT



FITNESS
PROGRAMMING



WCYCLE
CLASSES



GROUP X
CLASSES

W FIT STUDIO

CURRENTLY OPEN FOR CYCLE &
FITNESS PROGRAMMING

WOMEN'S ONLY WORKOUT
SCHEDULE COMING MID-JULY

W FIT STUDIO

CURRENTLY OPEN FOR CYCLE &
FITNESS PROGRAMMING

WOMEN'S ONLY WORKOUT
SCHEDULE COMING MID-JULY

NEW
NEW

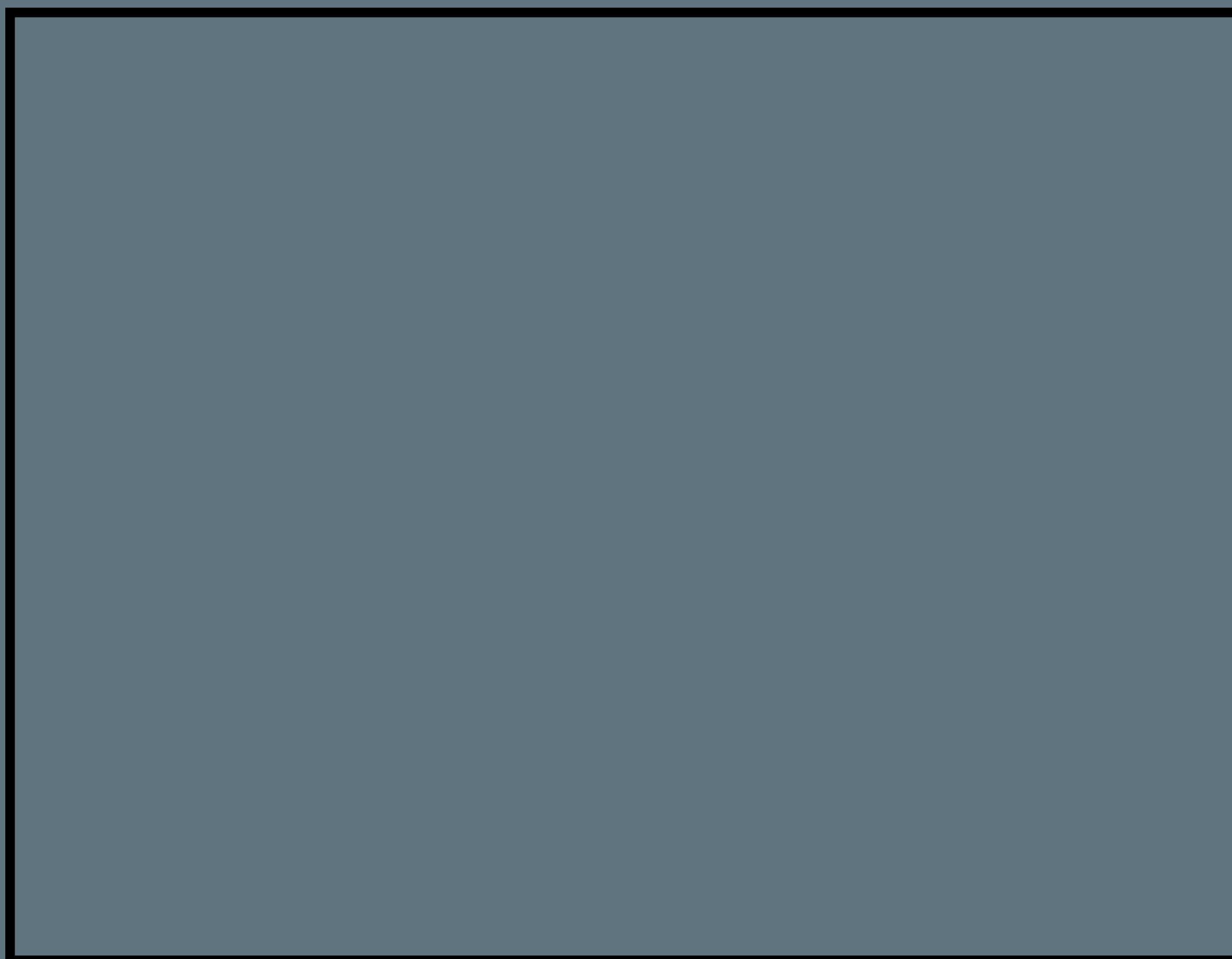
**WFIT STUDIO
WOMEN'S ONLY
WORKOUT AREA**

SEE SCHEDULE FOR DETAILS

**WOMEN'S
ONLY**

**WORKOUT
AREA**

SEE SCHEDULE
FOR DETAILS



NEW NEW NEW NEW
NEW NEW NEW NEW

**WFIT STUDIO &
WOMEN'S ONLY WORKOUT AREA
NOW OPEN!**

CHECK OUT THE NEWLY UPDATED MULTI-PURPOSE
WFIT STUDIO (FORMER WCYCLE STUDIO). FULL
SCHEDULE POSTED ON THE DOOR!