

ATHLETEX

Life is a Sport

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30a Outdoor Cycle		5:30a Outdoor Cycle		
6a Bootcamp	6a Altitude Barbell	6a Bootcamp	6a Altitude Barbell	6a Bootcamp	8a Cycle
7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	7a Altitude Barbell	9a Community Bootcamp <small>(Open to anyone with local ID)</small>
7a Slow Flow Yoga	7a Slow Flow Yoga	7a Slow Flow Yoga	7a Slow Flow Yoga	7a Slow Flow Yoga	
8a Fun.Fit.	8a Bootcamp	8a Fun.Fit.	8a Bootcamp	8a Fun.Fit.	
8a Cycle	9a CorePower	8a Cycle	9a CorePower	8a Cycle	9a Community Vinyasa
9a Abs	9:30a Restorative Yoga (Lvl 1)	9a Abs	9:30a Restorative Yoga (Lvl 1)	9a Abs	10:15a Community Yoga (Lvl 1) <small>(Open to anyone with local ID)</small>
9:30a Yoga Sculpt		9:30a Yoga Sculpt		9:30a Asana HIIT	Sunday
				11a Community Soma & Sound <small>(Open to anyone with local ID)</small>	
12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	12p Altitude Barbell	10a Vinyasa (Lvl 2)
5p Altitude Barbell		5p Altitude Barbell			
5:15p Fun.Fit.		5:15p Fun.Fit.			
6p Cycle		6p Cycle			
6p Power Vinyasa	5:30p Vinyasa (Lvl 2)	6p Power Vinyasa	5:30p Vinyasa (Lvl 2)		
7p SloFlo Yoga (Lvl 1)	6:30p SloFlo Yoga (Lvl 1)	7p SloFlo Yoga (Lvl 1)	6:30p SloFlo Yoga (Lvl 1)		