Phase 1 classes *(beginning June 8, 2020)*

Sunday

Time	Class	Studio	Instructor
8:00am	Spin (50 minutes)	Feinberg	**Nicole**
9:00am	XZone HIIT	Feinberg	**Nicole**
9:30am	Circuit	Track	**Donna**
10:30am	Yoga (online registration)	Zoom	**Denise**
10:30am	TRX circuit(7 straps)	Feinberg	**Donna**
11:00am	Fitness	Track	**Nicole**

Monday

Time	Class	Studio	Instructor
8:00am	Circuit	Track	**Isabel**
8:00am	Spin	Feinberg	**Nicole**
9:00am	XZone HIIT	Feinberg	**Ralph**
10:00am	Tabata	Track	**Nicole**
10:30am	Fitness	Feinberg	**Donna**
6:00pm	XZone HIIT	Feinberg	**Ralph**

Tuesday

Time	Class	Studio	Instructor
8:00am	Body evo	Track	**Nicole**
8:00am	Spin	Feinberg	**Alissa**
9:00am	XZone HIIT	Feinberg	**Ralph**
10:00am	Circuit	Track	**Nicole**
10:30am	TRX circuit(7 straps)	Feinberg	**Donna**
10:30am	Power Fitness	Fitness	**Ralph**
10:30am	Fitness class	Track	**Isabel**
6:00pm	XZone HIIT	Feinberg	**Ralph**

Wednesday

Time	Class	Studio	Instructor
7:45am	Circuit	Track	**Donna**
8:00am	Spin	Feinberg	**Nicole**
9:00am	XZone HIIT	Feinberg	**Ralph**
10:00am	Fitness class	Track	**Donna**
10:30am	Yoga (online registration)	Zoom	**Annette**
10:30am	Fitness class	Feinberg	**Isabel**
6:00pm	XZone HIIT	Feinberg	**Ralph**

Thursday

Time	Class	Studio	Instructor
8:00am	Fitness	Track	**Nicole**
8:00am	Spin	Feinberg	**Alyssa**
9:00am	XZone HIIT	Feinberg	**Ralph**
9:00am	Fitness class	Track	**Donna**
10:30am	Power Fitness	Fitness	**Ralph**
10:30am	Yoga (online registration)	Zoom	**Annette**
10:30am	Fitness class	Feinberg	**Isabel**
6:00pm	XZone HIIT	Feinberg	**Ralph**

Friday

Time	Class	Studio	Instructor
7:45am	Bosu	Track	**Donna**
8:00am	Spin	Feinberg	**Alissa**
9:00am	XZone HIIT	Feinberg	**Ralph**
9:00am	Tabata	Track	**Donna**
10:30am	Yoga (online registration)	Zoom	**Annette**
10:30am	Circuit(7 straps)	Feinberg	**Nicole**

Saturday

Time	Class	Studio	Instructor
8:00am	Fitness class	Track	**Nicole**
8:00am	Spin	Feinberg	**Alissa**
9:15am	Fitness class	Track	**Isabel**
9:30am	XZone HIIT	Feinberg	**Nicole**
11:00am	Zumba	Feinberg	**Miryam**

DAILY SESSION SCHEDULE

Mon-Thu, Fri till 6:00pm		Sat	Sun
6-7:30 am	open gym	8-9:30 am	7-8:30am
7:30-8am	sanitize	9:30-10 am	8:30-9 am
8-9:30am	open gym	10-11:30 am	9-10:30 am
9:30-10am	sanitize	11:30-noon	10:30-11 am
10-11:30am	open gym	noon-1:30pm	11am-12:30pm
11:30-noon	sanitize	1:30-2 pm	12:30am-1pm
noon-1:30pm	open gym	2-3:30 pm	1-2:30pm
1:30-2pm	sanitize	3:30-4pm	2:30-3pm
2-3:30pm	open gym	4-6pm	3-4:30pm
3:30-4pm	sanitize		4:30-5 pm
4-5:30pm	open gym		5-6 pm
5:30-6pm	sanitize		
6-7:30pm	open gym		
7:30-8pm	sanitize		
8-9pm	open gym		