



NEW SCHEDULE starting February 10th www.theworkoutcompany.org 454-2582

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Studio A						6:00am <i>Advanced Cycle</i>	
5:30am Studio B		<i>Advanced Cycle</i>		<i>Advanced Cycle</i>	Spin Fusion	7 am 	
6:15 am Studio B		Carl's Cycle		Carl's Cycle		7:45 am 	
8 am Studio A		Low Impact			*** Express Class rotation below		
8:30 am Studio A						9 am 	
8:30am Studio B		Butts&Gutts	Loft 8:15am PILATES			Loft 9am 	
9:30am Studio A					9:15 am 	10:05am 	11:00am
9:30am Studio B			Loft 9:15am POWER YOGA	Loft 9:15am 			12:15pm Studio A
4:30pm Studio A							4 pm
5:30pm Studio A					5:15pm 		
5:30pm Studio B	Butts & Gutts		 	POWER YOGA 			
6:30pm Studio A							
6:30pm Studio B	Loft 						

*** Starting at 8:30am Friday express class are Combat 45 minutes class followed by pump at 9:15am. Give us your e-mail for schedule updates.

**Taster-sample of Les Mills classes Thursday February 18th 6:30p.m. Ask us for details. Guests invited.

