



CLASS SCHEDULE effective Jan 2 www.theworkoutcompany.org 454-2582

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Studio A				5:00 am CX30 		6:00am ADVANCED CYCLE Studio B	
5:30am Studio B		ADVANCED CYCLE		ADVANCED CYCLE		7:00am 	
6:30 am Studio B		CARL'S CYCLE		CARL'S CYCLE		7:45 am Studio B 	
8:00 am Studio A	CX30	LOW IMPACT			8:00 am CX30	8:00am 	
	8:30am 				8:30am *Express 		
8:30 am Studio B		LOFT CX30	8:45 am LOFT POWER YOGA			9:00am LOFT 	
9:00 am Studio A	9:30 am 				9:15am *Express 	9:00am Rotation See Schedule Below	11:00am
				9:00am LOFT 			
4:30 pm Studio A						10:05am 	12:15pm
5:00 pm LOFT		CX30		CX30			
5:30 pm Studio A						Saturday 9am Rotation: Jan 7: Body Step Jan 14: Body Attack Jan 21: Step Launch, 8:30am Jan 28: Body Step	
5:30 pm Studio B			LOFT 				
6:30 pm Studio A	 LOFT 						