



# XO FIT STUDIO

## CLASS SCHEDULE

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY			
Room	FLOW	VIBE	POWER	FLOW	VIBE	POWER	FLOW	VIBE	POWER	FLOW	VIBE	POWER	FLOW	VIBE	POWER	FLOW	VIBE	POWER	FLOW	VIBE	POWER	
0530		Reformer Pilates	Functional Cardio		Reformer Pilates	Functional Strength		Reformer Pilates	Booty Blaster		Reformer Pilates	Functional Cardio		Reformer Pilates	Functional Strength							
0600	Vinyasa Flow Yoga			Vinyasa Flow Yoga			Vinyasa Flow Yoga			Vinyasa Flow Yoga			Vinyasa Flow Yoga									
0630		Reformer Pilates	Functional Cardio		Reformer Pilates	Functional Strength		Reformer Pilates	Booty Blaster		Reformer Pilates	Functional Cardio		Reformer Pilates	Functional Strength							
0700																		Functional Hybrid				
0715																						
0730		Reformer Pilates			Reformer Pilates			Reformer Pilates			Reformer Pilates			Reformer Pilates								
0800																	Reformer Pilates	Functional Hybrid				Functional Hybrid
0900	Vinyasa Flow Yoga	Reformer Pilates	Functional Cardio	Vinyasa Flow Yoga	Reformer Pilates	Functional Strength	Slow Flow Yoga	Reformer Pilates	Booty Blaster	Vinyasa Flow Yoga	Reformer Pilates	Functional Cardio	Slow Flow Yoga	Reformer Pilates	Functional Strength	Vinyasa Flow Yoga	Reformer Pilates		Vinyasa Flow Yoga	Reformer Pilates		Functional Hybrid
1000																	Reformer Pilates			Reformer Pilates		
1015																Slow Flow Yoga			Vinyasa Flow Yoga			
1130																						
1630	Vinyasa Flow Yoga	Reformer Pilates		Vinyasa Flow Yoga	Reformer Pilates		Vinyasa Flow Yoga	Reformer Pilates		Vinyasa Flow Yoga	Reformer Pilates		Mat Pilates	Reformer Pilates	Functional Strength							
1730	Mat Pilates	Reformer Pilates	Boxing		Reformer Pilates	Functional Strength		Reformer Pilates	Booty Blaster		Reformer Pilates	Boxing		Reformer Pilates	Functional Strength							
1745				Vinyasa Flow Yoga			Vinyasa Flow Yoga			Vinyasa Flow Yoga			Vinyasa Flow Yoga									
1830	Fitness Dance	Reformer Pilates			Reformer Pilates	Functional Strength		Reformer Pilates	Booty Blaster	Fitness Dance	Reformer Pilates											