### MONDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:30–08:15</td>
<td>Spin</td>
<td>Studio</td>
<td>Mike</td>
</tr>
<tr>
<td>12:00–13:00</td>
<td>Fitness Yoga</td>
<td>Studio</td>
<td>Sigourney</td>
</tr>
<tr>
<td>17:10–17:55</td>
<td>Body Balance</td>
<td>Studio</td>
<td>Chihiro</td>
</tr>
<tr>
<td>18:00–18:45</td>
<td>Box Fit</td>
<td>Studio</td>
<td>Isla</td>
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### TUESDAY

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<th>Time</th>
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<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>12:00–13:00</td>
<td>Fitness Yoga</td>
<td>Studio</td>
<td>Sigourney</td>
</tr>
<tr>
<td>17:10–17:50</td>
<td>Spin</td>
<td>Studio</td>
<td>Dan</td>
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### WEDNESDAY

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</thead>
<tbody>
<tr>
<td>07:30–08:15</td>
<td>Box Fit</td>
<td>Studio</td>
<td>Mike</td>
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### THURSDAY

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<tbody>
<tr>
<td>12:00–13:00</td>
<td>Barre</td>
<td>Studio</td>
<td>Steph</td>
</tr>
<tr>
<td>17:10–17:50</td>
<td>Spin</td>
<td>Studio</td>
<td>Mike</td>
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### FRIDAY

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<tbody>
<tr>
<td>12:00–12:45</td>
<td>Pilates</td>
<td>Studio</td>
<td>Jo B</td>
</tr>
<tr>
<td>17:15–18:00</td>
<td>Body Attack</td>
<td>Studio</td>
<td>Katie</td>
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