

THE ATRIUM HEALTH CLUB



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6.15 - 7.00 Full body lift	6.15 - 7.00 Strength Conditioning	6.15 - 7.00 Hybrid	6.15 - 7.00 Boxing	6.15 - 7.00 Full Body Lift	8.15 - 9.00 Strength Conditioning	8.15 - 9.00 Hybrid
7.15 - 8.00 Hatha Yoga	9.15 - 10.00 Lower Body Lift	7.15 - 8.00 Pilates	7.15 - 8.00 Hatha Yoga	7.15 - 8.00 Core	9.15 - 10.00 Vinyasa Yoga	9.15 - 10.00 Dynamic Yoga
9.15 - 10.00 Strength Conditioning	10.15 - 11.00 Dance Fit	9.15 - 10.00 Cardio Conditioning	9.15 - 10.00 Full Body Lift	9.15 - 10.00 Hybrid	11.00 AM Walk and Talk	14.00 PM Walk and Talk
10.15 - 11.00 Vinyasa Yoga	12.15 - 13.00 Bootcamp	10.15 - 11.00 Strength Conditioning	10.15 - 11.00 Vinyasa Yoga	10.15 - 11.00 Vinyasa Yoga		
12.15 - 13.00 Bootcamp	18.00 - 18.45 Hybrid	12.15 - 13.00 Bootcamp	12.15 - 13.00 Bootcamp	12.15 - 13.00 Bootcamp		
18.00 - 18.45 Cardio Conditioning	19.00 - 20.00 Vinyasa Yoga	17.45 - 18.30 Ashtanga Yoga	17.45 - 18.30 Dance Fit	18.00 - 18.45 Bootcamp		
19.00 - 19.30 Strength Conditioning	20.00 - 20.30 Core	18.00 - 19.00 Run Club	18.30 - 19.15 Pilates			
19.30 - 20.30 Pilates		18.45 - 19.30 Dance Fit	19.15 - 20.30 Yin Yoga			
		19.30 - 20.30 Hybrid				