

# Cardio Class Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Sunday	
	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main	Studio A	Main	
9:00												
9:15												
9:30	Kickbox		Kickbox Bag		Pure Cardio		Pure Cardio	Anusara Yoga	Kickbox Bag		Kickbox	
9:45												
10:00												
10:15												
10:30												
6:30	Pure Cardio				Kickbox							
6:45												
7:00												
7:15												
7:30			Kickbox Bag			Kickbox		Kickbox	Kickbox			
7:45												
8:00												
8:15												
8:30												
Guide	Cardio Kick	55 min	Tai Chi/Yoga	55 min								