



ARIA Fitness Class Schedule

Duration of each class is 50 minutes.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m.	YOGA	TRX / BODY SCULPT	COMBAT CARDIO	TRX / BODY SCULPT	YOGA		
7:00 a.m.	HIIT FIX				COMBAT CARDIO	TRX / BODY SCULPT	HIIT FIX
8:00 a.m.	TRX / BODY SCULPT	HIIT FIX	TRX / BODY SCULPT	HIIT FIX	TRX / BODY SCULPT	YOGA	YOGA
9:00 a.m.					HIIT FIX	TRX / BODY SCULPT	COMBAT CARDIO
10:00 a.m.						HIIT FIX	
11:00 a.m.					YOGA-LATES	YOGA-LATES	YOGA-LATES
12:00 p.m.		COMBAT CARDIO	HIIT FIX	COMBAT CARDIO			
1:00 p.m.	TRX / BODY SCULPT		TRX / BODY SCULPT			TRX / BODY SCULPT	
2:00 p.m.	COMBAT CARDIO	TRX / BODY SCULPT		TRX / BODY SCULPT	HIIT FIX	HIIT FIX	HIIT FIX
3:00 p.m.	SPIN			SPIN	SPIN	SPIN	
4:00 p.m.	YOGA-LATES			YOGA-LATES			