



FITNESS ON DEMAND

JUNE

Revised: May 25, 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		RIP 26 6:30 AM <i>Studio</i> (55 min.)	WAR 20 6:30 AM <i>Studio</i> (55 min.)	PLYOGA FLOW 6:30 AM <i>Studio</i> (45 min.)		YOGAFIT FOR WARRIOS 6:30 AM <i>Studio</i> (50 min.)	
		DAYTONA BEACH, FLORIDA 9:00 AM <i>Cycle Area</i> (25 min.)		SAN JOSE DEL CABO, MEXICO 8:00 AM <i>Cycle Area</i> (45 min.)	PATTERDALE, ENGLAND 8:30 AM <i>Cycle Area</i> (35 min.)	OLD SAN JUAN, PUERTO RICO 9:00 AM <i>Cycle Area</i> (35 min.)	YOGA INFERNO 8:00 AM <i>Studio</i> (35 min.)
		OZARK MOUNTAINS, MISSOURI 11:00 AM <i>Cycle Area</i> (55 min.)	CANYON LAKE, ARIZONA 11:00 AM <i>Cycle Area</i> (55 min.)		KIEDLER FOREST, ENGLAND 11:00 AM <i>Cycle Area</i> (60 min.)		SAN JOSE DEL CABO, MEXICO 10:30 AM <i>Cycle Area</i> (45 min.)
Afternoon		TABATA A 12:00 PM <i>Studio</i> (20 min.)		BONITA SPRINGS, FLORIDA 12:00 PM <i>Cycle Area</i> (60 min.)		CANYON LAKE, ARIZONA 12:00 PM <i>Cycle Area</i> (55 min.)	
	OZARK MOUNTAINS, MISSOURI 1:00 PM <i>Cycle Area</i> (55 min.)	LOCH LEVEN, SCOTLAND 1:00 PM <i>Cycle Area</i> (55 min.)	TOP OF THE ROCKIES, COLORADO 1:00 PM <i>Cycle Area</i> (60 min.)		LOCH LEVEN, SCOTLAND 1:00 PM <i>Cycle Area</i> (55 min.)		TOP OF THE ROCKIES, COLORADO 1:00 PM <i>Cycle Area</i> (75 min.)
	WAR 5 2:00 PM <i>Studio</i> (55 min.)			GREEN MOUNTAIN, COLORADO 2:00 PM <i>Cycle Area</i> (55 min.)		GREEN MOUNTAIN, COLORADO 2:00 PM <i>Cycle Area</i> (55 min.)	
	ALLIGATOR ALLEY, FLORIDA 3:00 PM <i>Cycle Area</i> (35 min.)	OLD SAN JUAN, PUERTO RICO 3:00 PM <i>Cycle Area</i> (35 min.)	BLITZ 1 3:00 PM <i>Studio</i> (40 min.)		HIIT PLYO 3:00 PM <i>Studio</i> (15 min.)		
		BOOT 14 4:00 PM <i>Studio</i> (30 min.)		BOOT 7 4:00 PM <i>Studio</i> (50 min.)		BOOT 19 4:00 PM <i>Studio</i> (30 min.)	
	BONITA SPRINGS, FLORIDA 5:00 PM <i>Cycle Area</i> (60 min.)						

If you would like to play a Fitness of Demand video outside of our scheduled times, please visit the FOD kiosk (iPad) located inside of the Fitness Studio!