

CASTRO GROUP X SCHEDULE

MONDAY

AB LAB	7:30am
Bos(u) Babes	5:30pm
Six Pack 'n Peaches	7:30pm

TUESDAY

Six Pack 'n Peaches	1:00pm
Vinyasa Yoga	6:30pm

WEDNESDAY

Total Body HIIT	7:30am
Vinyasa Yoga	12:00pm
Live Fit-Level Up	5:30pm
Vinyasa Yoga	6:45pm

THURSDAY

Mid-Day HIIT	12:15pm
Circuit Training	5:00pm
HIIT IT	6:00pm
Vinyasa Yoga	7:00pm

FRIDAY

Lunch Box	12:00pm
High Voltage - Circuit Training	4:30pm
Live Fit-Level Up	5:30pm

SATURDAY

Slow Flow Yoga	9:00am
Total Body - BootCamp	10:00am