

## CASTRO GROUP X SCHEDULE

### MONDAY

AB LAB	7:30am
Bos(u) Babes	5:30pm
Vinyasa Yoga	6:30pm
6 Pac-n-Peaches	7:30pm

### TUESDAY

6 Pac-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

### 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