

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30a		Muscle Conditioning		Muscle Conditioning				5:30a
6:00a	Boot Camp • Yoga	Morning Ride	Boot Camp	Morning Ride	Boot Camp • Yoga			6:00a
8:15a						Step		8:15a
8:45a	Cardio Interval Challenge	Barbell Body Blast	Cardio Interval Challenge	Barbell Body Blast	Zumba®			8:45a
9:00a	Aqua		Aqua			Pilates Flow • Ready to Ride • Aqua		9:00a
9:15a		Yoga		Yoga	Interval Cycling!	Zumba®		9:15a
9:45a	Boot Camp • Cycling Pilates	Zumba®	Power Hour! • Cycling Yoga	Zumba®	Boot Camp • Pilates			9:45a
10:15a						Yoga		10:15a
11:00a	Yin Yoga • Pilates (main studio)	Vinyasa Flow	Pilates	Yin Yoga	Yoga			11:00a
12:15p	Zumba®	Indoor Cycling	Zumba® Toning • Indoor Cycling	Indoor Cycling	Zumba®			12:15p
2:00 P							Zumba®	
3:30p							Barbell Body Blast	3:30p
	Zumba		Cardio Boxing		Zumba			
5:00 p								
6:00p	Barbell Body Blast • Indoor Cycling • Vinyasa Flow	Pilates (main Studio) • Indoor Cycling • Yoga Aqua	Barbell Body Blast	Cardio Interval Training • Indoor Cycling • Vinyasa Flow Aqua	<h1>Cooper Fitness Center At Craig Ranch</h1>			6:00p
7:00p		Zumba®	Yoga Shanell • Zumba®	Zumba®				7:00p