

CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 9am Upbeat CYCLE	3 5:15am BLOOM Bootcamp 9:30am Bloom Body Bar 10:30am Bloom CYCLE xP 5:00pm DRENCHED 6:00pm Cardio Dance	4 5:15am TABATA 9:30am HIGH Low 10:30am Bloom LIFT xP 5:00pm HIGH Xpress 5:30pm Bloom STRONG	5 5:15am HIGH Fitness 9:30am INFERNO Fusion 5pm Bloom LIFT 5:30pm Bloom CYCLE	6 5:15am RUSH HOUR 9:30am Bloom LIFT 10:30am HIGH Xpress 5:30pm INFERNO Fusion 6:30pm Yoga GLO	7 5:15am TABATA 7am Bloom CYCLE 9:30am DRENCHED* <i>*class change this week only</i>	8 8am BLOOM LIFT 9am HIGH Fitness
9 9am Upbeat CYCLE 10:15am Empower Hour	10 5:15am BLOOM Bootcamp 9:30am Bloom Body Bar 10:30am Bloom CYCLE xP 5:00pm DRENCHED 6:00pm Cardio Dance	11 5:15am TABATA 9:30am HIGH Low 10:30am Bloom LIFT xP 5:00pm HIGH Xpress 5:30pm Bloom STRONG	12 5:15am HIGH Fitness 9:30am INFERNO Fusion 10:30am Cardio Dance 5pm Bloom LIFT 5:30pm Bloom CYCLE	13 5:15am RUSH HOUR 9:30am Bloom LIFT 10:30am HIGH Xpress 5:30pm INFERNO Fusion 6:30pm Yoga GLO	14 5:15am TABATA 7am Bloom CYCLE 9:30am Cardio Dance	15 8am BLOOM LIFT 9am HIGH Fitness
16 9am Upbeat CYCLE 10:15am Empower Hour	17 5:15am BLOOM Bootcamp 9:30am Bloom Body Bar 10:30am Bloom CYCLE xP 5:00pm DRENCHED 6:00pm Cardio Dance	18 5:15am DRENCHED 9:30am HIGH Low 10:30am Bloom LIFT xP 5:00pm HIGH Xpress 5:30pm Bloom STRONG	19 5:15am HIGH Fitness 9:30am INFERNO Fusion 10:30am Cardio Dance 5pm Bloom LIFT 5:30pm Bloom CYCLE	20 5:15am Bootcamp 9:30am Bloom LIFT 10:30am HIGH Xpress 5:30pm INFERNO Fusion 6:30pm Yoga GLO	21 5:15am TABATA 7am Bloom CYCLE 9:30am Cardio Dance	22 8am BLOOM LIFT 9am HIGH Fitness
23 9am Upbeat CYCLE 10:15am Empower Hour	24 5:15am BLOOM Bootcamp 9:30am Bloom Body Bar 10:30am Bloom CYCLE xP 5:00pm DRENCHED 6:00pm Cardio Dance	25 5:15am DRENCHED 9:30am HIGH Low 10:30am Bloom LIFT xP 5:00pm HIGH Xpress 5:30pm Bloom STRONG	26 5:15am HIGH Fitness 9:30am INFERNO Fusion 10:30am Cardio Dance 5pm Bloom LIFT 5:30pm Bloom CYCLE	27 5:15am RUSH HOUR 9:30am Bloom LIFT 10:30am HIGH Xpress 5:30pm INFERNO Fusion 6:30pm Yoga GLO	28 5:15am TABATA 7am Bloom CYCLE 9:30am Cardio Dance	29 8am BLOOM LIFT 9am HIGH Fitness
30 9am Upbeat CYCLE 10:15am Empower Hour	31 5:15am BLOOM Bootcamp 9:30am Bloom Body Bar 10:30am Bloom CYCLE xP 5:00pm DRENCHED 6:00pm Cardio Dance					