

WEXER Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am Mountain Ride (VC)	5.30 am Step - Miami (VC)	5.30 am Power Drills Ride (VC)	5.30 am Power Step Express (VC)	5.30 am Push The Throttle Ride (VC)		
6.30 am MUAY THAI Fight Camp (VC)	6.30am Pure Pilates (VC)	6.30 am Full Body Flow Yoga (VC)	6.30am Zumba Basic Steps 2 (VC)	6.30 am BoxxHIIT - Full Body (VC)		
7.30 am Mobility Yoga (VC)	7.30am Bodyweight HIIT (VC)	7.30 am Step - Downtown LA (VC)	7.30am Ride - Beautiful Glow (VC)	7.30 am BARRE/Pilates Fusion (VC)		
8.30 am Bootcamp HIIT (VC)	8.30 am Pilates (VC)	8.30 am Yin Yoga (VC)	8.30 am Ballet Bootcamp (VC)	8.30 am Zumba Basic Steps 3 (VC)		8.30 am Ride - Cormet de Roseland (VC)

10.35 am BoxxHIIT -Full Body (VC)		10.35 am Zumba Basic Steps 4 (VC)	10.35 am Step - Downtown LA (VC)	10.35 am Yoga Basics 2 (VC)		
12.00 pm Effective Pilates (VC)	12.00pm Yoga Spirits (VC)	12.00 pm Burning HIIT Cardio (VC)	12.00 pm Fight Challenge (VC)	12.00 pm BoxxKick - Full Body (VC)	12.00 pm Power Step Express (VC)	12.00 pm Ballet Fit (VC)
1.00pm Fight Basics Muay Thai (VC)	1.00 pm Aerobics (VC)	1.00 pm Lower Body Barre (VC)	1.00 pm Aerobics 1 (VC)	1.00pm Power Pilates (VC)	1.00pm HIIT Body Weight Blast (VC)	1.00 pm Kickboxing and Core (VC)
2.30pm Ballet Fit (VC)	2.30pm Ride - Belgian Ardennes (VC)	2.30pm Zumba Basic Steps 5 (VC)	2.30pm Ride - Col de Marsolino (VC)	2.30pm Burning HIIT Cardio (VC)	2.30pm Aerobics (VC)	2.30 pm Step - Miami (VC)
4.00 pm Aerobics (VC)	4.00 pm Hip Hop Miami (VC)	4.00 pm Pure Pilates (VC)	4.00 pm Fight Basics Muay Thai (VC)	4.00 pm Ride - Cap Corse (VC)	4.00pm Mobility and Stretch (VC)	4.00 pm Stretch - Just Relax (VC)
5.00 pm Pilates 101 Workout (VC)	5.00 pm Yin Yoga (VC)	5.00 pm Dance/Cardio Basic Aerobics (VC)	5.00 pm Zumba Basics Steps 6 (VC)	5.00 pm Abs and Core (VC)		

				5.30 pm Effective Pilates (VC)		
				6.30 pm Hip Hop LA (VC)		
7.30 pm (Ambush - Dance Crew Booking)	7.30pm Pilates Basic Full body (VC)	7.30pm BOX KICK 30 (VC)	7.30 pm (Ambush - Dance Crew Booking)	7.30pm Ride - Col d' Aubisque (VC)		
	8.30pm Ride - Dutch Hills (VC)	8.30pm Deep Stretch Yoga Flow (VC)				