

# HALE gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AM SESSION</b>						
<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>LEAN LAB</b> 6:00am – 7:00am WEIGHTS ROOM	<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>METHOD</b> 5:30am – 6:30am TRAINING ROOM	<b>METHOD</b> 7:00am – 8:00am TRAINING ROOM	
<b>LEAN LAB</b> 6:00am – 7:00am WEIGHTS ROOM	<b>LEAN LAB</b> 6:00am – 7:00am TRAINING ROOM	<b>MEN'S PILATES</b> 7:00am – 8:00am YOGA/BARRE STUDIO	<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM	<b>LEAN LAB</b> 6:00am – 7:00am WEIGHTS ROOM	<b>METHOD</b> 8:00am – 9:00am TRAINING ROOM	
<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM	<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM		<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM	<b>METHOD</b> 6:30am – 7:30am TRAINING ROOM	<b>LEAN LAB</b> 8:00am – 9:00am WEIGHTS ROOM	
<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM	<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM		<b>SPINLATES (Spin/Pilates)</b> 12:10pm – 12:55pm TRAINING ROOM	<b>LEAN LAB</b> 7:00am – 8:00am TRAINING ROOM	<b>BARRE</b> 9:15am – 10:10am STUDIO	
				<b>METHOD</b> 9:30am – 10:30am TRAINING ROOM		
<b>PM SESSION</b>						
<b>METHOD</b> 5:15pm – 6:15pm TRAINING ROOM	<b>SPINLATES (Spin/Pilates)</b> 12:10pm – 12:55pm STUDIO	<b>PRENATAL PILATES MATCLASS</b> 1:00pm – 1:45pm STUDIO	<b>BARRE ATTACK</b> 1:00pm – 1:45pm STUDIO	<b>FUNDAMENTAL MATCLASS</b> 12:10pm – 12:55pm STUDIO		
<b>LEAN LAB</b> 5:30pm – 6:30pm WEIGHTS ROOM	<b>METHOD</b> 5:15pm – 6:15pm TRAINING ROOM	<b>LEAN LAB</b> 5:30pm – 6:30pm TRAINING ROOM	<b>METHOD</b> 5:15pm – 6:15pm TRAINING ROOM			
<b>METHOD</b> 6:15pm – 7:15pm TRAINING ROOM	<b>METHOD</b> 6:15pm – 7:15pm TRAINING ROOM	<b>BARRE ATTACK</b> 6:00pm – 6:45pm STUDIO	<b>METHOD</b> 6:15pm – 7:15pm TRAINING ROOM			
<b>PILATES MATWORK INTERMEDIATE LEVEL</b> 7:10pm – 8:00pm STUDIO Please note: This class requires Instructor approval prior to participation		<b>BARRE ATTACK</b> 6:50pm – 7:35pm STUDIO				