

HALE

gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM SESSION						
METHOD 5:30am – 6:30am TRAINING ROOM	METHOD 5:30am – 6:30am TRAINING ROOM	METHOD 6:00am – 7:00am TRAINING ROOM	METHOD 5:30am – 6:30am TRAINING ROOM	METHOD 5:30am – 6:30am TRAINING ROOM	METHOD 7:00am – 8:00am TRAINING ROOM	
LEAN LAB 6:00am – 7:00am WEIGHTS ROOM	LEAN LAB 6:00am – 7:00am TRAINING ROOM	HITT* 7:00am – 7:45am TRAINING ROOM	METHOD 6:30am – 7:30am TRAINING ROOM	LEAN LAB 6:00am – 7:00am WEIGHTS ROOM	LEAN LAB 7:30am – 8:30am WEIGHTS ROOM	
METHOD 6:30am – 7:30am TRAINING ROOM	METHOD 6:30am – 7:30am TRAINING ROOM	BUFF BONES 9:15am – 10:00am YOGA/BARRE STUDIO	METHOD 9:30am – 10:30am TRAINING ROOM	METHOD 6:30am – 7:30am TRAINING ROOM	METHOD 8:00am – 9:00am TRAINING ROOM	
METHOD 9:30am – 10:30am TRAINING ROOM	METHOD 9:30am – 10:30am TRAINING ROOM			LEAN LAB 7:00am – 8:00am TRAINING ROOM	PURE STRENGTH 8:30am – 9:30am STUDIO	
				METHOD 9:30am – 10:30am TRAINING ROOM	BARRE 9:15am – 10:00am STUDIO	
					BARRE 10:15am – 11:00am STUDIO	
PM SESSION						
XPRS BURN 12:15pm – 1:00pm TRAINING ROOM	PRE NATAL PILATES 1:00pm – 1:45pm STUDIO	XPRS BURN 12:15pm – 1:00pm TRAINING ROOM	XPRS BURN 12:15pm – 1:00pm TRAINING ROOM	FUNDAMENTAL MATCLASS 12:10pm – 12:55pm STUDIO		
FUNDAMENTAL PILATES MATWORK 12:10pm – 12:55pm STUDIO	METHOD 5:15pm – 6:15pm TRAINING ROOM	PILATES STRENGTH 1:00pm – 1:45pm STUDIO	BARRE ATTACK 1:00pm – 1:45pm STUDIO			
METHOD 5:15pm – 6:15pm TRAINING ROOM	METHOD 6:15pm – 7:15pm TRAINING ROOM	METHOD 5:30pm – 6:30pm TRAINING ROOM	METHOD 5:15pm – 6:15pm TRAINING ROOM			
LEAN LAB 5:30pm – 6:30pm WEIGHTS ROOM		BARRE ATTACK 6:00pm – 6:45pm STUDIO	METHOD 6:15pm – 7:15pm TRAINING ROOM			
METHOD 6:15pm – 7:15pm TRAINING ROOM		BARRE ATTACK 6:50pm – 7:35pm STUDIO				
		PURE STRENGTH 5:30pm – 6:30pm WEIGHTS ROOM				

*Free for all guests staying at any DOMA Hotel.

Please note: Method, Lean Lab, Pure Strength and XPRS Burn are all contract based classes. Refer to our website for commencement dates.