**Weekly Schedule For Gym**



At [Gym Name], we offer a variety of activities tailored to help you stay active, improve fitness, and enjoy a fun, supportive environment. All sessions are led by experienced, certified instructors to ensure a great experience for everyone.

| **Day** | **Time** | **Activity** | **Instructor** | **Room** |
| --- | --- | --- | --- | --- |
| **Monday** | 6:30 AM | Sunrise Yoga | [Instructor] | Yoga Studio |
|   | 9:30 AM | Body Pump | [Instructor] | Main Gym |
|   | 5:00 PM | Dance Fit | [Instructor] | Dance Studio |
|   | 7:00 PM | Strength Training | [Instructor] | Weight Room |
| **Tuesday** | 7:00 AM | Pilates | [Instructor] | Multi-Purpose Room |
|   | 12:30 PM | Core Conditioning | [Instructor] | Main Gym |
|   | 6:00 PM | Spin & Sculpt | [Instructor] | Spin Studio |
| **Wednesday** | 6:30 AM | HIIT (High-Intensity Interval) | [Instructor] | Main Gym |
|   | 10:30 AM | Aqua Aerobics | [Instructor] | Pool |
|   | 7:30 PM | Kickboxing | [Instructor] | Boxing Studio |
| **Thursday** | 6:30 AM | Tai Chi | [Instructor] | Yoga Studio |
|   | 12:00 PM | TRX Circuit | [Instructor] | Multi-Purpose Room |
|   | 6:30 PM | Evening Spin | [Instructor] | Spin Studio |
| **Friday** | 7:30 AM | Boot Camp | [Instructor] | Main Gym |
|   | 1:00 PM | Barre Burn | [Instructor] | Dance Studio |
|   | 5:30 PM | Friday Night Dance Party | [Instructor] | Dance Studio |
| **Saturday** | 8:00 AM | Power Yoga | [Instructor] | Yoga Studio |
|   | 10:00 AM | Strength Circuit | [Instructor] | Main Gym |
|   | 1:00 PM | Family Fitness | [Instructor] | Main Gym |
| **Sunday** | 9:00 AM | Restorative Yoga | [Instructor] | Yoga Studio |
|   | 2:00 PM | Mobility & Flexibility Workshop | [Instructor] | Multi-Purpose Room |