

# Weekly Schedule For Gym

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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
<b>Monday</b>	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
<b>Tuesday</b>	7:00 AM	Pilates	[Instructor]	Multi-Purpose Room
	12:30 PM	Core Conditioning	[Instructor]	Main Gym
	6:00 PM	Spin & Sculpt	[Instructor]	Spin Studio

<b>Wednesday</b>	6:30 AM	HIIT (High-Intensity Interval)	[Instructor]	Main Gym
	10:30 AM	Aqua Aerobics	[Instructor]	Pool
	7:30 PM	Kickboxing	[Instructor]	Boxing Studio
<b>Thursday</b>	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
<b>Friday</b>	7:30 AM	Boot Camp	[Instructor]	Main Gym
	1:00 PM	Barre Burn	[Instructor]	Dance Studio
	5:30 PM	Friday Night	[Instructor]	Dance Studio

		Dance Party		
<b>Saturday</b>	8:00 AM	Power Yoga	[Instructor]	Yoga Studio
	10:00 AM	Strength Circuit	[Instructor]	Main Gym
	1:00 PM	Family Fitness	[Instructor]	Main Gym
<b>Sunday</b>	9:00 AM	Restorative Yoga	[Instructor]	Yoga Studio
	2:00 PM	Mobility & Flexibility Workshop	[Instructor]	Multi-Purpose Room