

# IN-STUDIO & ONLINE WORKOUT

	MON	TUE	WED	THU	FRI	SAT	SUN
7:00 am			Gravity Pilates (In-Studio)				
7:15 am					Killer Balls (45-min In-Studio)		
8:15 am					Gravity Cardio (45 min in-Studio)		
8:30 am						Power-PUMP (45-min In-Studio)	
9:15 am	Gravity Pilates (In-Studio)	Power-PUMP (In-Studio)	GET-HIIT (45-min) (In-Studio & Online)	Pilates on Bosu (In-Studio)			Gravity Pilates (in-Studio)
9:30 am						GET-HIIT (45-min In-Studio)	
10:30 am	Gravity Pilates (in-Studio)	Gravity Strength (In-Studio)	Gravity Pilates (in-Studio)	Gravity Pilates (in-Studio)			Gravity Pilates (in-Studio)
11:45 am						Amplified Gravity (in-Studio)	
5:30 pm	Gravity Pilates (In-Studio)		Gravity Pilates (in-Studio)	Gravity Pilates (in-Studio)			
6:30 pm			Power-PUMP (In-Studio & Online)	Power-PUMP (In-Studio & Online)			
6:45 pm	CARDIO-BOX (In-Studio)						

Terms & Conditions: • Momentum Lab reserves the right to change the schedule without prior notice • Min 2 to start a group class • Advance Booking Required • 24-hr Cancellation Policy