

Platinum Fitness East

Cycling Studio

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
5:30 AM	LES MILLS RPM® 45 min - Michelle				LES MILLS RPM® 45 min - Kim	8:45 AM	LES MILLS RPM® 60 min - Kim	
6:00 PM		LES MILLS RPM® 45 min - Jen		LES MILLS RPM® 45 min - Kim				

Personal Training Cage

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
5:30 PM		FITNESS BOOT CAMP Ken				8:15 AM	FITNESS BOOT CAMP Janae	