



Transcend Fitness

MYZONE® Group Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|
| 6:00A - 7:00A | | 6:00A - 7:00A | | 6:00A - 7:00A | | |
| 7:30A - 8:15A | 7:30A - 8:15A | 7:30A - 8:15A | 7:30A - 8:15A | 7:30A - 8:15A | 7:15A - 8:00A | |
| 9:15A - 10:15A | 9:15A - 10:15A | 9:15A - 10:15A | 9:15A - 10:15A | 9:15A - 10:15A | 9:15A - 10:15A | 9:15A - 10:15A |
| 10:45A - 11:30A | 10:45A - 11:30A | 10:45A - 11:30A | 10:45A - 11:30A | 10:45A - 11:30A | | |
| | | | | | | |
| 6:30P - 7:30P | 6:30P - 7:30P | 6:30P - 7:30P | 6:30P - 7:30P | | | |
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