



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Table with 7 columns (Monday-Sunday) and 14 rows of class schedules. Each cell contains class name, time, level (e.g., **, ***), duration, and location (e.g., Fitness Area, Studio A, Open Air). Includes a legend for levels and virtual classes.

Legend
* Level 1
** Level 2
*** Level 3
> Virtual Class (Studio A)
Outside- Open Air
Head to reh-fit.com for detailed class descriptions.