

MONDAY		
5:15am	Group Fight	Kasi
6:00am	Cycle PowerBeats45	Justin
6:00am	Adult Performance	Lauren
7:30am	Adult Performance	Lauren
8:30am	Barre Burn	Pam
8:30am	Adult Performance	Lauren/CJ
9:15am	Cycle Beats45	Ashley
9:30am	Adult Performance	Lauren/CJ
9:30am	Optimum Burn	Pam
10:30am	Hot Power Yoga	Alissa
11:30am	Incline Trainer Bootcamp Express	CJ
4:30pm	Adult Performance	Marcus
4:30pm	Burn N Flow	Stephanie
5:00pm	Classic Ride	Heather
5:30pm	Adult Performance	Marcus
6:00pm	Heated Yogalates	Marymar
7:00pm	Cycle PowerBeats45	Jen F
7:00pm	Hot Power Yoga	Jenn C

TUESDAY		
5:15am	Classic Cycle Ride	Heather
6:00am	Adult Performance	Marcus
6:15am	Hot Yoga45	Amy
7:00am	Incline Trainer Bootcamp Express	Marcus
7:30am	Adult Performance	Marcus
8:30am	Groove N Tone	Pam
8:30am	Adult Performance	Marcus/Eli
9:15am	Cycle Beats45	Jill
9:30am	Booty N Core	Pam
9:30am	Adult Performance	Marcus/Eli
4:30pm	Adult Performance	Lauren
4:45pm	Burn N Tone	Jen F
5:30pm	Adult Performance	Lauren
5:30pm	Classic Ride	Kasi
6:00pm	Optimum Burn	Alissa
7:00pm	Slow Flow Yoga	Alissa

WEDNESDAY		
5:15am	Cycle Beats45	Ashley
5:15am	HIIT Sweat	Kasi
6:00am	Adult Performance	Lauren
7:30am	Adult Performance	Lauren
8:15am	Hot Power Barre	Ali
8:30am	Adult Performance	Lauren/Marc
9:15am	CycleBurn Fusion 30 mins cycle/30 mins weights	Pam
9:30am	Adult Performance	Lauren/Marc
9:30am	HIIT Strength	Christen
11:30am	Incline Trainer Bootcamp Express	Marcus
4:30pm	Adult Performance	Eli
4:30pm	Burn N Flow	Stephanie
5:00pm	Cycle Power45	Justin
5:30pm	Hot Power Yoga	Stephanie
5:30pm	Adult Performance	Eli
6:30pm	Group Fight	Becky
7:00pm	Cycle PowerBeats45	Jen F

THURSDAY		
5:15am	Burn N Tone	Marymar
5:15am	Classic Cycle Ride	Heather
6:00am	Adult Performance	Lauren
6:15am	Hot Yoga45	Amy
7:00am	Incline Trainer Bootcamp Express	Lauren
7:30am	Adult Performance	Lauren
8:30am	Adult Performance	Lauren/CJ
9:00am	Hot Power Yoga	Alissa
9:15am	Cycle Beats45	Jill
9:30am	Adult Performance	Lauren/CJ
10:15am	Optimum Burn	Jill
4:30pm	Adult Performance	Jen F
4:30pm	Beginner Yoga	Jen B
4:30pm	CycleBeats45	Ali
5:30pm	Group Blast	Becky
5:30pm	Adult Performance	Jen F
6:45pm	Cycle Beats45	Ashley
6:45pm	Heated Barre	Kim

FRIDAY		
5:15am	Cycle Power45	Marymar
5:15am	Group Blast	Becky
6:00am	Adult Performance	Marcus
7:30am	Adult Performance	Marcus
8:15am	Heated Barre	Ali
8:30am	Adult Performance	Marcus/CJ
9:15 am	CycleBurn Fusion 30min cycle/30min weights	Pam
9:30am	Adult Performance	Marcus/CJ
9:30am	HIIT Sweat	Christen
11:30am	Incline Trainer Bootcamp Express	Marcus/CJ
12:15pm	Cycle Throwback Beats45	Brandon/ Kendrick
4:30pm	Adult Performance	Jen F

SATURDAY		
8:00am	Cycle Latin Beats45	Marymar
8:00am	Group Blast	Kasi
8:30am	Adult Performance	Rotates
9:00am	Burn N Tone	Marymar
9:30am	Cycle PowerBeats45	Jen F
10:00am	Heated Yogalates	Marymar
11:00am	Hot Power Yoga	Jenn C

SUNDAY		
10:15am	Group Fight	Becky
10:30am	Cycle PowerBeats	Pam/Jen

Additional fees apply for premier classes. Premier classes are highlighted in blue.

**SCHEDULE SUBJECT TO CHANGE**



SCAN TO BOOK

