



GROUP CLASS SCHEDULE

MONDAY		
5:00am	Adult Performance - Build	Stephanie B
5:00am	Pilates	Sarah
5:15am	Group Fight	Kasi
5:30am	Incline Trainer Bootcamp	Lauren M
6:00am	Adult Performance - Build	Stephanie B
6:00am	Cycle Strength	Desiree
6:15am	Burn N Tone	Kasi
7:30am	Adult Performance - Build	Lauren M
8:15am	Heated Barre	Vikki
8:30am	Adult Performance - Shred	Lauren D
8:45am	Cycle Bootcamp	Alissa
9:15am	Heated Power Pilate	Vikki
9:15am	HIIT Strength	Jill
9:30am	Adult Performance - Shred	Lauren D
10:15am	Hot Power Yoga	Alissa
12:15pm	Burn N Tone Lunch Break	Jill
5:00pm	Heated Barre	Kim
5:15pm	Express Booty Lift	Marymar
5:30pm	Classic Ride	Heather
5:30pm	Adult Performance - Shred	Evan
6:00pm	Heated Yogalates	Marymar
6:15pm	HIIT Strength	Rachel
7:00pm	Hot Power Yoga	Jenn

TUESDAY		
5:00am	Adult Performance - Shred	Lauren M
5:15am	Classic Cycle Ride	Heather
5:15am	Burn N Tone	Marymar
6:00am	Adult Performance - Shred	Jill
6:00am	Hot Strength	Stephanie B
7:00am	Incline Trainer Bootcamp	Jill
7:30am	Adult Performance - Shred	Lauren M
8:30am	Adult Performance - Burn	Lauren M
8:30am	Heated Sculpt	Alissa
9:00am	Booty N Core	Pam
9:15am	Cycle Beats45	Jill
9:30am	Adult Performance - Burn	Lauren M
10:00am	Heated Strength	Stephanie B
11:30am	Yoga Flow	Michelle
4:30pm	Adult Performance - Burn	Jen
4:30pm	Yoga Flow	Michelle
4:45pm	Burn N Tone	Becky
5:30pm	Classic Ride	Kasi
5:30pm	Adult Performance - Build	Jen
5:35pm	Group Blast	Becky
5:45pm	Heated Barrefusion	Lora
6:45pm	Slow Flow Yoga	Kate
6:45pm	BarreFusion	Lora

WEDNESDAY		
5:00am	Adult Performance - Build	Jen
5:15am	HIIT Sweat	Kasi
5:15am	Cycle Beats	Stephanie B
5:15am	Heated Barre	Kristen
5:30am	Incline Trainer Bootcamp	Jeremy
6:00am	Adult Performance - Build	Jen
6:15am	Pilates Flow	Marymar
6:15am	PowerBeats Xpress	Desiree
7:30am	Adult Performance - Build	Jeremy
8:15am	Heated Barre	Jessica
8:30am	Adult Performance - Shred	Jill
8:30am	LIFT	Chloe
9:30am	HIIT Strength	Christen
9:30am	Adult Performance - Shred	Stephani B
10:15am	Heated Sculpt	Jill
12:00pm	Yoga Flow	Michelle
12:15pm	Burn N Tone Lunch Break	Kasi
4:30pm	Heated Sculpt	Amy
4:30pm	PowerBeats Xpress	Justin
4:45pm	HIIT Strength Express	Marymar
5:30pm	Adult Performance - Shred	Anna
5:30pm	Heated Yogalates	Marymar
5:45pm	Group Fight	Becky
6:00pm	Cycle PowerBeats45	Jen
6:30pm	Hot Yoga	Michelle

Additional fees apply for premier classes.
Premier classes are highlighted in blue.
SCHEDULE SUBJECT TO CHANGE

GROUP CLASS SCHEDULE

THURSDAY		
5:00am	Adult Performance - Shred	Jakae
5:15am	Burn N Tone	Marymar
5:15am	Classic Cycle Ride	Heather
6:00am	Adult Performance - Shred	Lauren M
6:00am	Hot Strength	Stephanie B
6:15am	Barre Strength	Jen F
7:00am	Incline Trainer Bootcamp	Lauren M
7:30am	Adult Performance - Shred	Lauren M
8:30am	HIIT Strength	Alissa
8:30am	Pilates	Pam
8:30am	Adult Performance - Burn	Stephanie B
9:15am	Cycle Beats45	Jill
9:30am	Adult Performance - Burn	Stephanie B
9:30am	Hot Power Yoga	Alissa
10:45am	Hot Strength	Stephanie B
11:30am	Burn N Tone Lunch Break	Kasi
4:30pm	Adult Performance - Burn	Jen F
5:00pm	Heated Barre	Kim
5:15pm	Booty N Core	Ali
5:00pm	Barre Strength	Gloria
5:30pm	Classic Cycle Ride	Desiree
5:30pm	Adult Performance - Build	Jen F
6:00pm	LIFT	Chloe
6:00pm	Heated Power N Flow Yoga	Katherine
7:15pm	Heated Slow Flow	Ellen

FRIDAY		
5:00am	Adult Performance - Build	Stephanie B
5:00am	Heated Barre	Marymar
5:15am	Group Blast	Becky
6:00am	Adult Performance - Build	Stephanie B
6:00am	Hot Power Yoga	Amy
6:00am	Cycle Beats Express	Marymar
6:30am	Rise N Grind	Desiree
7:30am	Adult Performance - Build	Jen F
8:15am	Heated Barre	Ali
8:30am	Adult Performance - Shred	Jen F
8:45am	Cycle Bootcamp	Jill
9:15am	Heated Sculpt	Melissa
9:30am	HIIT Strength	Christen
9:30am	Adult Performance - Shred	Jen F
10:15am	Heated Yoga	Michelle
12:15pm	Cycle Beats45	Stephanie B
4:30pm	Adult Performance - Build	Rotates
5:30pm	Heated Vinyasa Flow	Paige

SATURDAY		
8:00am	Group Blast	Kasi
8:00am	Barre Burn	Vikki
8:00am	Cycle Beats45	Chloe
8:30am	Adult Performance - Burn	Rotates
9:00am	Hot Power Yoga	Jenn C
9:15am	Burn N Tone	Marymar
9:30am	Cycle PowerBeats45	Rotates
10:15am	Heated Yogalates	Marymar

SUNDAY		
10:15am	Heated Power N Flow Yoga	Rotates
10:15am	Group Fight	Becky
10:30am	Cycle PowerBeats	Rotates
11:00am	Adult Performance OPEN	
11:15am	Burn N Tone	Becky
01:00pm	Slow Flow Yoga	Kate

SCAN TO BOOK



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