

MONDAY

6:00AM
HIIT CIRCUIT
BRYAN

7:30AM
SPORTS CON
HENRY

**POWER YOGA FOR
ATHLETES**
SHANDA

9:30AM
PURE STRENGTH
JAKE

12:00PM
CYCLE - THE TRIP
KIM

HIIT CIRCUIT
RP

4:30PM
BOXING
TAYLOR

HIIT CIRCUIT
RP

5:30PM
CYCLE
BRYAN

6:00PM
BOXING
MORGAN

PURE STRENGTH
TAYLOR

TUESDAY

6:00AM
SPORTS CON
HENRY

7:00AM
CYCLE
BETH

7:30AM
PURE STRENGTH
RP

9:30AM
STRENGTH &
CONDITIONING
RP

12:00PM
TRX CORE CIRCUIT
KIM

KICKBOXING
MORGAN

GRIND
SHON

4:30PM
BOXING
JAKE

GRIND
HENRY

5:30PM
CYCLE
BRYAN

6:00PM
SPORTS CON
JAKE

6:30PM
YOGA POWER FLOW
KELSEY

WEDNESDAY

6:00AM
PURE STRENGTH
RP

7:30AM
STRENGTH &
COND
HENRY

9:30AM
SPORTS CON
JAKE

12:00PM
BOXING
JAKE

CYCLE
BRYAN

TABATA
SHON

4:30PM
SPORTS CON
SHON

4:45PM
CYCLE
ALICIA

5:30PM
KICKBOXING
TAYLOR

6:00PM
CIRCUITS
ALICIA

THURSDAY

6:00AM
STRENGTH & COND
HENRY

7:00AM
CYCLE
BETH

7:30AM
STRENGTH & COND
RP

9:30AM
PURE STRENGTH
RP

10:30AM
POWER YOGA FOR
ATHLETES
SHANDA

12:00PM
KICKBOXING
MORGAN

SPORTS CON
SHON

4:30PM
HIIT CIRCUIT
SHON

BOXING
JAKE

5:30PM
CYCLE
BRYAN

6:00PM
PURE STRENGTH
JAKE

6:30PM
FOUNDATION YOGA
FLOW
KELSEY

FRIDAY

6:00AM
SCULPTING
STRENGTH
BRYAN

7:30AM
PURE STRENGTH
HENRY

9:30AM
BLACK OUT
JAKE

BOXING
MORGAN

12:00PM
CYCLE - THE TRIP
KIM

BOXING
JAKE

**STRENGTH &
CONDITIONING**
TAYLOR

4:30PM
BODY BATTLE
JAKE

SATURDAY

7:30AM
SPORTS CON
HENRY

POWER VINYASA
ARIANA

8:00AM
RUN CLUB
SONYA

9:00AM
KICKBOXING
TAYLOR

CYCLE
BRYAN

STRENGTH & COND
HENRY

SUNDAY

9:00AM
STRENGTH & COND
ALEX

10:15AM
VINYASA FLOW
KELSEY

10:30AM
DEKA MILE
TRAINING
JAKE

12:00PM
PURE STRENGTH
JAKE



**FITNESS + TRAINING
CENTER**