

MONDAY

6:00AM
HIIT CIRCUIT
BRYAN

7:30AM
SPORTS CON
BRYAN

**POWER YOGA FOR
ATHLETES
SHANDA**

9:30AM
PURE STRENGTH
JAKE

12:00PM
CYCLE - THE TRIP
KIM

**HIIT CIRCUIT
RP**

4:30PM
HIIT CIRCUIT
TAYLOR

5:00PM
BOXING
BETH

5:30PM
CYCLE
BRYAN

6:00PM
BOXING
MORGAN

**PURE STRENGTH
TAYLOR**

TUESDAY

6:00AM
SPORTS CON
SONYA

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
GERRY**

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
JAKE

9:30AM
SPORTS CON
JAKE

12:00PM
BOXING
JAKE

**CYCLE
BRYAN**

**TABATA
SHON**

4:30PM
SPORTS CON
SHON

4:45PM
CYCLE
KAT

5:30PM
KICKBOXING
TAYLOR

6:00PM
CIRCUITS
KAT

THURSDAY

6:00AM
STRENGTH & COND
GERRY

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
JAKE

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
BRYAN

**POWER VINYASA
ARIANA**

9:00AM
KICKBOXING
TAYLOR

**CYCLE
BRYAN**

**STRENGTH & COND
HENRY E.**

10:30AM
HIIT CIRCUIT
HENRY E.

SUNDAY

9:00AM
STRENGTH & COND
ALEX

10:15AM
VINYASA FLOW
KELSEY

12:00PM
PURE STRENGTH
JAKE



**FITNESS + TRAINING
CENTER**