

**MONDAY**

**6:00AM**  
HIIT CIRCUIT  
BRYAN

**7:30AM**  
SPORTS CON  
BRYAN

**POWER YOGA FOR  
ATHLETES**  
SHANDA

**9:30AM**  
PURE STRENGTH  
JAKE

**12:00PM**  
CYCLE  
BETH

**KICKBOXING**  
MORGAN

**HIIT CIRCUIT**  
RP

**4:30PM**  
HIIT CIRCUIT  
TAYLOR

**5:00PM**  
KICKBOXING  
BETH

**5:30PM**  
CYCLE  
BRYAN

**6:00PM**  
KICKBOXING  
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  
BETH

**KICKBOXING**  
MORGAN

**GRIND**  
SHON

**4:30PM**  
BOXING  
JAKE

**GRIND**  
GERRY

**5:30PM**  
CYCLE  
BRYAN

**6:00PM**  
SPORTS CON  
JAKE

**6:30PM**  
HIPS/HAMMIES YOGA  
ESTHER

**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  
RP

**5:30PM**  
KICKBOXING  
BETH

**6:00PM**  
CIRCUITS  
JAKE

**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

**TRX CORE CIRCUIT**  
BETH

**4:30PM**  
HIIT CIRCUIT  
SHON

**BOXING**  
JAKE

**5:30PM**  
CYCLE  
BRYAN

**6:00PM**  
PURE STRENGTH  
JAKE

**6:30PM**  
SLOW FLOW YOGA  
TAMMY

**FRIDAY**

**6:00AM**  
SCULPTING  
STRENGTH  
BRYAN

**7:30AM**  
PURE STRENGTH  
JAKE

**9:30AM**  
BLACK OUT  
JAKE

**KICKBOXING**  
MORGAN

**12:00PM**  
CYCLE  
BETH

**BOXING**  
JAKE

**STRENGTH &  
CONDITIONING**  
TAYLOR

**4:30PM**  
BODY BATTLE  
BEN

**SATURDAY**

**7:30AM**  
SPORTS CON  
BRYAN

**POWER VINYASA**  
ARIANA

**9:00AM**  
KICKBOXING  
BETH

**CYCLE**  
BRYAN

**STRENGTH & COND**  
TAYLOR

**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**