

# CLASS SCHEDULE

## MONDAY

**6:00AM**  
HIIT CIRCUIT  
BRYAN

**7:15AM**  
SCULPTING  
STRENGTH  
BRYAN

**7:30AM**  
POWER YOGA FOR  
ATHLETES  
SHANDA

**8:30AM**  
STRENGTH & CON.  
RP

**9:45AM**  
STRENGTH & CON.  
RP

**12:00PM**  
CYCLE  
BETH

KICKBOXING  
MORGAN

HIIT CIRCUIT  
RP

**4:30PM**  
HIIT CIRCUIT  
JAKE

**5:00PM**  
BODY BATTLE  
BOXING  
BETH

**5:30PM**  
CYCLE  
BRYAN

**6:00PM**  
KICKBOXING  
MORGAN

BODY BATTLE  
JAKE

## TUESDAY

**6:00AM**  
SPORTS CON.  
SONYA

**7:00AM**  
CYCLE  
BETH

**7:15AM**  
STRENGTH & CON.  
SONYA

**8:30AM**  
PURE STRENGTH  
RP

**9:45AM**  
PURE STRENGTH  
RP

**10:45AM**  
ALIGNMENT RECOVERY  
YOGA FOR ATHLETES  
KEREN

**12:00PM**  
TRX CORE CIRCUIT  
BETH

KICKBOXING  
MORGAN

GRIND  
SHON

**4:30PM**  
BOXING  
JAKE

GRIND  
GERRY

**5:30PM**  
CYCLE  
BRYAN

**6:00PM**  
PURE STRENGTH  
JAKE

**6:30PM**  
VINYASA FLOW  
KELSEY

## WEDNESDAY

**6:00AM**  
PURE STRENGTH  
RP

**7:15AM**  
PURE STRENGTH  
RP

FOUNDATION  
YOGA FLOW  
LEAH C.

**8:30AM**  
HIIT CIRCUIT  
BRYAN

**9:45AM**  
HIIT CIRCUIT  
BRYAN

**12:00PM**  
BOXING  
JAKE

CYCLE  
BRYAN

TABATA  
SHON

**4:30PM**  
SPORTS  
CONDITIONING  
JAKE

**5:30PM**  
KICKBOXING  
BETH

CYCLE STRENGTH  
ALLY

**6:00PM**  
HIIT CIRCUIT  
MEGAN

## THURSDAY

**6:00AM**  
STRENGTH & CON.  
GERRY

**7:00AM**  
CYCLE  
BETH

**7:15AM**  
STRENGTH & CON.  
GERRY

**8:30AM**  
PURE STRENGTH  
RP

**9:45AM**  
PURE STRENGTH  
RP

**10:45AM**  
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**  
YOGA RECOVERY FOR  
ATHLETES  
TAMMY

## FRIDAY

**6:00AM**  
SCULPTING  
STRENGTH  
BRYAN

**7:15AM**  
STRENGTH &  
CONDITIONING  
SONYA

**8:00AM**  
FOUNDATION FLOW  
YOGA  
LEAH C.

**8:30AM**  
STRENGTH &  
CONDITIONING  
SONYA

**9:30AM**  
KICKBOXING  
MORGAN

**9:45AM**  
MET CON  
TAYLOR

**12:00PM**  
CYCLE  
BETH

BOXING  
JAKE

STRENGTH &  
CONDITIONING  
TAYLOR

**4:30PM**  
BODY BATTLE  
BEN

## SATURDAY

**7:30AM**  
SPORTS  
CONDITIONING  
BRYAN

POWER VINYASA  
ARIANA

**9:00AM**  
KICKBOXING  
BETH

CYCLE  
BRYAN

STRENGTH &  
CONDITIONING  
TAYLOR

**10:30AM**  
HIIT CIRCUIT  
HENRY E.

## SUNDAY

**9:00AM**  
STRENGTH &  
CONDITIONING  
ALEX

**10:15AM**  
VINYASA FLOW  
KELSEY

**10:30AM**  
BLACKOUT  
JAKE

**12:00PM**  
PURE STRENGTH  
JAKE

## HOURS

**MON-THURS: 5:30AM-9PM**

**FRI: 5:30AM-7PM**

**SAT: 7AM-1PM**

**SUN: 8:30AM-2PM**



**FITNESS + TRAINING  
CENTER**