

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

5:30PM
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

POWER VINYASA
CHAUNTELLE

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

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

7:00PM
FOUNDATION
YOGA FLOW
LEAH

THURSDAY

6:00AM
STRENGTH & CON.
GERRY

7:00AM
CYCLE
BETH

7:15AM
STRENGTH & CON.
GERRY

8:30AM
PURE STRENGTH
RP

BOXING
TAI

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 YOGA
FLOW
LEAH

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
STRENGTH &
CONDITIONING
BRYAN

POWER VINYASA
ARIANA

9:00AM
KICKBOXING
BETH

CYCLE
BRYAN

STRENGTH &
CONDITIONING
TAYLOR

10:30AM
HIIT CIRCUIT
HENRY

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**