

CLASS SCHEDULE

MONDAY

6:00AM
HIIT CIRCUIT
BRYAN

7:15AM
SCULPTING
STRENGTH
BRYAN

POWER FLOW
LEAH

8:30AM
STRENGTH & CON.
RP

RHYTHM CYCLE
DAVID

9:45AM
STRENGTH & CON.
KELLY

12:00PM
CYCLE STRENGTH
BRYAN

KICKBOXING
MORGAN

HIIT CIRCUIT
RP

4:30PM
HIIT CIRCUIT
JAKE

5:30PM
RHYTHM CYCLE
DAVID

6:00PM
KICKBOXING
MORGAN

BODY BATTLE
JAKE

7:15PM
STRENGTH & CON.
PHOENIX

TUESDAY

6:00AM
SPORTS CON.
SONYA

7:15AM
STRENGTH & CON.
SONYA

8:30AM
PURE STRENGTH
RP

POWER FLOW
CHAUNTELLE

9:45AM
PURE STRENGTH
KELLY

10:45AM
RECOVERY YOGA
TAMMY

12:00PM
TRX CORE CIRCUIT
JAKE

BOXING
KYLE

RHYTHM CYCLE
DAVID

GRIND
SHON

4:30PM
BOXING
JAKE

GRIND
GERRY

5:30PM
CYCLE
BRYAN

6:00PM
PURE STRENGTH
JAKE

6:30PM
VINYASA FLOW
CHAUNTELLE

WEDNESDAY

6:00AM
PURE STRENGTH
RP

7:15AM
PURE STRENGTH
RP

VINYASA FLOW
LEAH

8:30AM
HIIT CIRCUIT
BRYAN

RHYTHM CYCLE
DAVID

9:45AM
HIIT CIRCUIT
BRYAN

RECOVERY YOGA
JENNIFER

12:00PM
CYCLE
BRYAN

TABATA
SHON

4:30PM
SPORTS
CONDITIONING
JAKE

5:30PM
KICKBOXING
JAKE

CYCLE STRENGTH
ALLY

6:00PM
HIIT CIRCUIT
MEGAN

7:15PM
STRENGTH & CON.
PHOENIX

THURSDAY

6:00AM
STRENGTH & CON.
GERRY

7:15AM
STRENGTH & CON.
GERRY

8:30AM
PURE STRENGTH
RP

BOXING
TAI

9:45AM
PURE STRENGTH
KELLY

10:45AM
POWER FLOW
TAMMY

12:00PM
BOXING
KYLE

RHYTHM CYCLE
DAVID

SPORTS CON.
SHON

TRX CORE CIRCUIT
JAKE

4:30PM
HIIT CIRCUIT
SHON

BOXING
JAKE

5:30PM
CYCLE
BRYAN

6:00PM
PURE STRENGTH
JAKE

6:30PM
VINYASA FLOW
LEAH

FRIDAY

6:00AM
SCULPTING
STRENGTH
BRYAN

7:15AM
STRENGTH &
CONDITIONING
SONYA

8:00AM
POWER FLOW
CHAUNTELLE

8:30AM
STRENGTH &
CONDITIONING
SONYA

9:30AM
KICKBOXING
MORGAN

9:45AM
MET CON
TAYLOR

12:00PM
CYCLE STRENGTH
BRYAN

BOXING
TAI

STRENGTH &
CONDITIONING
TAYLOR

4:30PM
BODY BATTLE
BEN

SATURDAY

7:30AM
STRENGTH &
CONDITIONING
BRYAN

9:00AM
BOXING
KYLE

CYCLE
BRYAN

STRENGTH &
CONDITIONING
TAYLOR

10:30AM
HIIT CIRCUIT
HENRY

SUNDAY

9:00AM
STRENGTH &
CONDITIONING
ALEX

10:15AM
VINYASA FLOW
CHAUNTELLE

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**