

CLASS SCHEDULE

MONDAY

6:00AM
HIIT CIRCUIT
BRYAN

HIIT EXPRESS
RICKY

RHYTHM CYCLE
ALEXIS

7:15AM
S&C - SCULPTING STRENGTH
BRYAN

POWER FLOW
LEAH

8:30AM
STRENGTH & CONDITIONING
RP

RHYTHM CYCLE
DAVID

9:45AM
STRENGTH & CONDITIONING
JOEY

12:00PM
HIIT EXPRESS
JOEY

CYCLE STRENGTH
BRYAN

KICKBOXING
MORGAN

HIIT CIRCUIT
RP

4:30PM
HIIT CIRCUIT
JAKE

HIIT EXPRESS
RICKY

5:30PM
RHYTHM CYCLE
DAVID

6:00PM
KICKBOXING
MORGAN

HIIT EXPRESS
RICKY

S&C - BODY BATTLE
JAKE

7:15PM
STRENGTH & CONDITIONING
JAKE

TUESDAY

6:00AM
SPORTS CONDITIONING
SONYA

RHYTHM CYCLE
DAVID

7:15AM
STRENGTH & CONDITIONING
SONYA

HIIT EXPRESS
RICKY

8:30AM
PURE STRENGTH
RP

POWER FLOW
CHAUNTELLE

9:45AM
PURE STRENGTH
KELLY

HIIT EXPRESS
RICKY

10:45AM
RECOVERY YOGA
TAMMY

12:00PM
TRX CORE CIRCUIT
JAKE

BOXING
KYLE

RHYTHM CYCLE
DAVID

METCON
TAYLOR

4:30PM
BOXING
JAKE

S&C - GRIND
GERRY

5:30PM
HIIT EXPRESS
MEGAN

CYCLE
BRYAN

6:00PM
PURE STRENGTH
JAKE

6:30PM
VINYASA FLOW
NIKKI

WEDNESDAY

6:00AM
PURE STRENGTH
RP

HIIT EXPRESS
TAI

7:15AM
PURE STRENGTH
RP

VINYASA FLOW
LEAH

8:30AM
HIIT CIRCUIT
BRYAN

HIIT EXPRESS
JOEY

RHYTHM CYCLE
DAVID

9:45AM
STRENGTH & CON.
JOEY

RECOVERY YOGA
JENNIFER

12:00PM
HIIT EXPRESS
JOEY

CYCLE
BRYAN

HIIT CIRCUIT
MEGAN

4:30PM
SPORTS CONDITIONING
JAKE

HIIT EXPRESS
RICKY

5:30PM
KICKBOXING
JAKE

CYCLE STRENGTH
ALLY

6:00PM
HIIT CIRCUIT
MEGAN

HIIT EXPRESS
RICKY

7:15PM
STRENGTH & CON.
JAKE

THURSDAY

6:00AM
STRENGTH & CONDITIONING
GERRY

RHYTHM CYCLE
DAVID

7:15AM
STRENGTH & CONDITIONING
GERRY

HIIT EXPRESS
RICKY

8:30AM
PURE STRENGTH
RP

BOXING
TAI

9:45AM
PURE STRENGTH
KELLY

HIIT EXPRESS
RICKY

10:45AM
POWER FLOW
TAMMY

12:00PM
BOXING
KYLE

RHYTHM CYCLE
DAVID

SPORTS CONDITIONING
SONYA

TRX CORE CIRCUIT
JAKE

4:30PM
HIIT CIRCUIT
HENRY

BOXING
JAKE

5:30PM
HIIT EXPRESS
MEGAN

CYCLE
BRYAN

6:00PM
PURE STRENGTH
JAKE

6:30PM
VINYASA FLOW
LEAH

FRIDAY

6:00AM
S&C - SCULPTING
STRENGTH
BRYAN

HIIT EXPRESS
RP

7:15AM
STRENGTH &
CONDITIONING
SONYA

8:00AM
YOFLEX
CHAUNTELLE

8:30AM
STRENGTH &
CONDITIONING
SONYA

9:30AM
KICKBOXING
MORGAN

9:45AM
S&C - MET CON
TAYLOR

HIIT EXPRESS
TAI

12:00PM
CYCLE STRENGTH
BRYAN

HIIT EXPRESS
KELLY

BOXING
TAI

STRENGTH &
CONDITIONING
TAYLOR

4:30PM
S&C - BODY BATTLE
BEN

SATURDAY

7:30AM
STRENGTH &
CONDITIONING
BRYAN

9:00AM
BOXING
KYLE

CYCLE
BRYAN

STRENGTH &
CONDITIONING
TAYLOR

HIIT EXPRESS
MEGAN

10:00AM
HIIT EXPRESS
MEGAN

10:30AM
HIIT CIRCUIT
HENRY

SUNDAY

9:00AM
STRENGTH &
CONDITIONING
ALEX

HIIT EXPRESS
JAKE

10:15AM
VINYASA FLOW
CHAUNTELLE

10:30AM
S&C - BLACKOUT
JAKE

12:00PM
PURE STRENGTH
JAKE

HOURS

MON-THURS: 5:30AM-9PM

FRI: 5:30AM-7PM

SAT: 7AM-2PM

SUN: 8AM-3PM



**FITNESS + TRAINING
CENTER**