

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM HIIT CIRCUIT KELLY	6:00AM SPORTS CONDITIONING SONYA	6:00AM PURE STRENGTH RP	6:00AM STRENGTH & CONDITIONING GERRY	6:00AM PURE STRENGTH KELLY	7:30AM PURE STRENGTH HENRY	9:00AM STRENGTH & CONDITIONING ALEX
HIIT EXPRESS RICKY	SUNRISE POWER VINYASA CHAUNTELLE	HIIT EXPRESS TAI	SUNRISE POWER VINYASA TAMMY	HIIT EXPRESS RP	9:00AM BOXING KYLE	9:15AM HIIT EXPRESS JAKE
RHYTHM CYCLE ALEXIS	RHYTHM CYCLE DAVID	7:15AM PURE STRENGTH RP	RHYTHM CYCLE ALEXIS	7:15AM STRENGTH & CONDITIONING SONYA	RHYTHM CYCLE ALEXIS	10:15AM VINYASA FLOW CHAUNTELLE
7:15AM PURE STRENGTH RICKY	7:15AM STRENGTH & CONDITIONING SONYA	VINYASA FLOW LEAH	7:15AM STRENGTH & CONDITIONING GERRY	RHYTHM CYCLE ROBYN	STRENGTH & CONDITIONING TAYLOR	10:30AM S&C - BLACKOUT JAKE
POWER FLOW LEAH	HIIT EXPRESS RICKY	8:30AM METCON TAYLOR	HIIT EXPRESS RICKY	8:00AM YOFLEX CHAUNTELLE	HIIT EXPRESS MEGAN	RHYTHM CYCLE ROBYN
8:30AM STRENGTH & CONDITIONING RP	8:30AM PURE STRENGTH RP	HIIT EXPRESS JOEY	8:30AM PURE STRENGTH RP	8:30AM STRENGTH & CONDITIONING SONYA	10:00AM HIIT EXPRESS MEGAN	12:00PM PURE STRENGTH JAKE
RHYTHM CYCLE DAVID	YOFLEX CHAUNTELLE	RHYTHM CYCLE DAVID	RHYTHM CYCLE ROBYN	9:30AM KICKBOXING MORGAN	10:30AM HIIT CIRCUIT HENRY	
HIIT EXPRESS RICKY	RHYTHM CYCLE ROBYN	9:45AM STRENGTH & CON. JOEY	BOXING TAI	9:45AM S&C - MET CON TAYLOR		
9:45AM STRENGTH & CONDITIONING JOEY	9:45AM PURE STRENGTH KELLY	10:45AM RECOVERY YOGA JENNIFER	9:45AM PURE STRENGTH KELLY	9:45AM S&C - MET CON TAYLOR		
12:00PM HIIT EXPRESS JOEY	HIIT EXPRESS RICKY	12:00PM HIIT EXPRESS JOEY	HIIT EXPRESS RICKY	12:00PM HIIT EXPRESS KELLY		
KICKBOXING MORGAN	10:45AM RECOVERY YOGA TAMMY	BOXING KYLE	10:45AM VINYASA FLOW TAMMY	12:00PM HIIT EXPRESS KELLY		
HIIT CIRCUIT RP	12:00PM TRX CORE CIRCUIT JAKE	PURE STRENGTH MEGAN	12:00PM BOXING KYLE			
4:30PM HIIT CIRCUIT JAKE	BOXING KYLE	4:30PM SPORTS CONDITIONING JAKE	RHYTHM CYCLE DAVID	BOXING TAI		
5:30PM RHYTHM CYCLE DAVID	RHYTHM CYCLE DAVID	HIIT EXPRESS MEGAN	SPORTS CONDITIONING JOEY	STRENGTH & CONDITIONING TAYLOR		
6:00PM KICKBOXING MORGAN	METCON TAYLOR	5:30PM CYCLE STRENGTH ALLY	TRX CORE CIRCUIT JAKE	4:30PM S&C - BODY BATTLE BEN		
HIIT EXPRESS RICKY	4:30PM BOXING JAKE	5:45PM KICKBOXING JAKE	4:30PM HIIT CIRCUIT HENRY			
S&C - BODY BATTLE JAKE	S&C - GRIND GERRY	6:00PM HIIT CIRCUIT MEGAN	BOXING JAKE			
7:30PM VINYASA FLOW JENNIFER	5:30PM HIIT EXPRESS MEGAN	HIIT EXPRESS RICKY	5:30PM HIIT EXPRESS MEGAN			
	6:00PM PURE STRENGTH JAKE		6:00PM PURE STRENGTH JAKE			
	6:30PM VINYASA FLOW LEAH		6:30PM VINYASA FLOW LEAH			

HOURS

MON-THURS
5:30 AM-9:00 PM

FRIDAY
5:30 AM-7:00 PM

SATURDAY
7:00 AM-2:00 PM

SUNDAY
8:00 AM-3:00 PM



**FITNESS + TRAINING
CENTER**