

CLASS SCHEDULE

MONDAY

6:00AM
HIIT CIRCUIT
KELLY

HIIT EXPRESS
RICKY

7:15AM
PURE STRENGTH
RICKY

POWER FLOW
LEAH

8:30AM
STRENGTH &
CONDITIONING
RP

RHYTHM CYCLE
DAVID

HIIT EXPRESS
RICKY

9:45AM
STRENGTH &
CONDITIONING
JOEY

12:00PM
HIIT EXPRESS
JOEY

KICKBOXING
MORGAN

HIIT CIRCUIT
RP

4:30PM
HIIT CIRCUIT
MEGAN

5:30PM
RHYTHM CYCLE
DAVID

6:00PM
KICKBOXING
MORGAN

HIIT EXPRESS
RICKY

STRENGTH &
CONDITIONING
MEGAN

7:30PM
VINYASA FLOW
JENNIFER

TUESDAY

6:00AM
SPORTS CONDITIONING
SONYA

RHYTHM CYCLE
DAVID

POWER VINYASA
CHAUNTELLE

7:15AM
STRENGTH & CONDITIONING
SONYA

HIIT EXPRESS
RICKY

8:30AM
PURE STRENGTH
RP

YOFLEX
CHAUNTELLE

RHYTHM CYCLE
ROBYN

9:45AM
PURE STRENGTH
KELLY

HIIT EXPRESS
RICKY

10:45AM
RECOVERY YOGA
TAMMY

12:00PM
TRX CORE CIRCUIT
JOEY

BOXING
KYLE

RHYTHM CYCLE
DAVID

METCON
TAYLOR

4:30PM
S&C - GRIND
GERRY

5:30PM
HIIT EXPRESS
MEGAN

6:00PM
PURE STRENGTH
JOEY

RHYTHM CYCLE
ALEXIS

6:30PM
VINYASA FLOW
LEAH

WEDNESDAY

6:00AM
PURE STRENGTH
RP

HIIT EXPRESS
TAI

7:15AM
PURE STRENGTH
RP

VINYASA FLOW
LEAH

8:30AM
HIIT EXPRESS
JOEY

RHYTHM CYCLE
DAVID

STRENGTH &
CONDITIONING
KATHRYN

9:45AM
STRENGTH & CON.
JOEY

12:00PM
HIIT EXPRESS
JOEY

RHYTHM CYCLE
CAT

BOXING PERFORMANCE &
FITNESS
KYLE

PURE STRENGTH
MEGAN

4:30PM
SPORTS CONDITIONING
HENRY

HIIT EXPRESS
MEGAN

5:30PM
RHYTHM CYCLE
ALEXIS

6:00PM
HIIT CIRCUIT
MEGAN

HIIT EXPRESS
RICKY

7:30PM
VINYASA YOGA
SEAN

THURSDAY

6:00AM
STRENGTH & CONDITIONING
GERRY

POWER VINYASA
TAMMY

6:30AM
RHYTHM CYCLE
ALEXIS

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
RECOVERY YOGA
JENNIFER

12:00PM
BOXING
KYLE

RHYTHM CYCLE
DAVID

SPORTS CONDITIONING
JOEY

TRX CORE CIRCUIT
KATHRYN

4:30PM
HIIT CIRCUIT
HENRY

5:30PM
HIIT EXPRESS
KATHRYN

6:00PM
PURE STRENGTH
TAYLOR

RHYTHM CYCLE
CAT

6:30PM
VINYASA FLOW
LEAH

FRIDAY

6:00AM
PURE STRENGTH
KELLY

HIIT EXPRESS
KATHRYN

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
HIIT EXPRESS
MEGAN

BOXING
TAI

RHYTHM CYCLE
CAT

STRENGTH &
CONDITIONING
TAYLOR

4:30PM
S&C - BODY BATTLE
BEN

SATURDAY

7:30AM
PURE STRENGTH
TAYLOR

9:00AM
BOXING
KYLE

STRENGTH &
CONDITIONING
TAYLOR

HIIT EXPRESS
MEGAN

10:00AM
HIIT EXPRESS
MEGAN

10:30AM
HIIT CIRCUIT
HENRY

SUNDAY

9:00AM
STRENGTH &
CONDITIONING
ALEX

10:15AM
VINYASA FLOW
CHAUNTELLE

10:30AM
STRENGTH &
CONDITIONING
KATHRYN

RHYTHM CYCLE
ROBYN

12:00PM
PURE STRENGTH
KATHRYN

HOURS

MON-THURS: 5:30AM-9PM

FRI: 5:30AM-7PM

SAT: 7AM-2PM

SUN: 8AM-3PM



**FITNESS + TRAINING
CENTER**