

CLASS SCHEDULE

MONDAY

6:00AM
HIIT CIRCUIT
HENRY

HIIT EXPRESS
RICKY

RHYTHM CYCLE
RACHEL

7:15AM
PURE STRENGTH
RICKY

POWER VINYASA
LEAH

8:30AM
S & C
RP

RHYTHM CYCLE
CAT

BOXING
LEEANNE

HIIT EXPRESS
RICKY

9:45AM
S & C
JOEY

BOXING
LEEANNE

HIIT EXPRESS
RICKY

12:00PM
HIIT EXPRESS
KP

HIIT CIRCUIT
JOEY

BOXING
KYLE

4:30PM
HIIT CIRCUIT
MEGAN

HIIT EXPRESS
TAYLOR

6:00PM
KICKBOXING
MORGAN

RHYTHM CYCLE
ALEXIS

HIIT EXPRESS
RICKY

S & C
TAYLOR

7:30PM
VINYASA FLOW
JENNIFER

TUESDAY

6:00AM
SPORTS CONDITIONING
SONYA

RHYTHM CYCLE
RACHEL

POWER VINYASA
CHAUNTELLE

7:15AM
S & C
SONYA

HIIT EXPRESS
RICKY

8:30AM
PURE STRENGTH
RP

HIIT EXPRESS
RICKY

YOFLEX
CHAUNTELLE

RHYTHM CYCLE
ALEXIS

9:45AM
PURE STRENGTH
JOEY

RECOVERY YOGA
JENNIFER

12:00PM
HIIT EXPRESS
JOEY

BOXING
LEEANNE

RHYTHM CYCLE
ALEXIS

S & C
HENRY

4:30PM
S & C
GERRY

HIIT EXPRESS
MEGAN

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

BOXING
TAI

RHYTHM CYCLE
ALEXIS

S & C
KATHRYN

9:45AM
S & C
JOEY

HIIT EXPRESS
KATHRYN

BOXING
TAI

12:00PM
HIIT EXPRESS
KATHRYN

RHYTHM CYCLE
CAT

BOXING
KYLE

PURE STRENGTH
MEGAN

4:30PM
SPORTS CONDITIONING
KP

HIIT EXPRESS
MEGAN

6:00PM
HIIT CIRCUIT
MEGAN

RHYTHM CYCLE
ALEXIS

BOXING
KYLE

HIIT EXPRESS
RICKY

7:30PM
VINYASA FLOW
SEAN

THURSDAY

6:00AM
S & C
GERRY

POWER VINYASA
TAMMY

RHYTHM CYCLE
CAT

7:15AM
S & C
GERRY

HIIT EXPRESS
RICKY

8:30AM
PURE STRENGTH
RP

HIIT EXPRESS
RICKY

RHYTHM CYCLE
ALEXIS

9:45AM
PURE STRENGTH
JOEY

RECOVERY YOGA
JENNIFER

12:00PM
BOXING
TAI

RHYTHM CYCLE
ALEXIS

SPORTS CONDITIONING
JOEY

HIIT EXPRESS
KATHRYN

4:30PM
HIIT CIRCUIT
HENRY

HIIT EXPRESS
KP

5:30PM
HIIT EXPRESS
KP

6:00PM
PURE STRENGTH
TAYLOR

RHYTHM CYCLE
ALEXIS

6:30PM
VINYASA FLOW
JENNIFER

FRIDAY

6:00AM
PURE STRENGTH
HENRY

RHYTHM CYCLE
RACHEL

HIIT EXPRESS
TAI

7:15AM
PURE STRENGTH
HENRY

POWER VINYASA
CHAUNTELLE

8:30AM
YOFLEX
CHAUNTELLE

HIIT CIRCUIT
KATHRYN

9:45AM
S&C - MET CON
TAYLOR

KICKBOXING
MORGAN

HIIT EXPRESS
KATHRYN

12:00PM
HIIT EXPRESS
KP

BOXING
LEEANNE

RHYTHM CYCLE
CAT

S & C
TAYLOR

4:30PM
S & C
BEN

SATURDAY

7:30AM
PURE STRENGTH
TAYLOR

8:00AM
HIIT EXPRESS
JOEY

9:00AM
BOXING
KYLE

S & C
TAYLOR

HIIT EXPRESS
JOEY

10:00AM
HIIT EXPRESS
JOEY

10:30AM
HIIT CIRCUIT
HENRY

SUNDAY

9:00AM
S & C
ALEX

BOXING
LEEANNE

HIIT EXPRESS
KATHRYN

RHYTHM CYCLE
ALEXIS

10:30AM
VINYASA FLOW
CHAUNTELLE

S & C
KATHRYN

12:00PM
PURE STRENGTH
KATHRYN

HOURS

MON-THURS: 5:30AM-9PM

FRI: 5:30AM-7PM

SAT: 7AM-2PM

SUN: 8AM-2PM



**FITNESS + TRAINING
CENTER**