

Class Schedule



JULY



2024

PEDAL + PUMP

45 + 15

Spin + Weights/Core

Monday	7:30AM to 8:30AM
Wednesday	7:30AM to 8:30AM

C.S.I

20 + 20 + 20

Cardio, Strength & Interval

Friday	7:30AM to 8:30AM
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SPIN-IT

30-30

Spin + HIIT

****NO CLASS
7/13**

Saturday	7:30AM to 8:30AM
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YOGA

****NO CLASS
7/04**

Tuesday	8:30AM to 9:30AM
Thursday	8:30AM to 9:30AM

MAT PILATES

Monday	9:00AM to 10:00AM
Wednesday	9:00AM to 10:00AM
Friday	9:00AM to 10:00AM

SUB: 7/22 & 7/29

****NO CLASS
7/20 & 7/27**

HIIT

Monday	5:15PM to 6:15PM
Saturday	10:00AM to 11:00AM

***July 4th - Class will be at 9:45am**

****NO CLASS
7/30**

ZUMBA

Tuesday	5:15PM to 6:15PM
Thursday	5:15PM to 6:15PM
Saturday	8:45AM to 9:45AM

YES! WE HAVE CLASS ON *4th of July*