

Class Schedule



SEPTEMBER



2024

MONDAY

SPIN	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM
HIIT	5:15PM to 6:15PM

FRIDAY

C.S.I. <small>Cardio, Strength + Interval</small>	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM

TUESDAY

YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
ZUMBA	5:15PM to 6:15PM

SATURDAY

PEDAL + PUMP	7:30AM to 8:30AM
ZUMBA	8:45AM to 9:45AM
HIIT	10:00AM to 11:00AM

WEDNESDAY

PEDAL + PUMP	7:30AM to 8:30AM
MAT PILATES	9:00AM to 10:00AM
ZUMBA	5:15PM to 6:15PM

** NO CLASS / CLASS CHANGES:

SPIN PEDAL + PUMP BUTTS & GUTS CORE + MORE C.S.I.	NO CLASS 9/21-28 *SUB: 9/24 Butts & Guts *SUB: 9/26 Core + More
MAT PILATES	SUB : 9/9, 9/11 & 9/13
YOGA	NO CLASS 9/24 & 9/26
HIIT	Labor Day Class at 10:30AM

THURSDAY

YOGA	8:30AM to 9:30AM
BUTTS & GUTS	9:45AM to 10:45AM
CORE + MORE	5:15PM to 6:15PM