

WINTER 2024 CLASS SCHEDULE - as of Feb 17th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9 am - 10 am HYBRID Training Sandy
	10 am - 11 am SO FIT Bootcamp Sandy			10 am - 11 am SO FIT Bootcamp Sandy		10:00 am - 11:00 am SO FIT Bootcamp Sandy
10:30 am - 11:30 am SO FIT Pilates Colleen						
	12 pm - 1 pm SO STRONG Sandy	12 pm - 1 pm SO FIT Bootcamp Sandy	12 pm - 1 pm HYBRID Training Sandy	12 pm - 1 pm SO FIT Kickboxing Sandy	12 pm - 1 pm HYBRID Training Sandy	
12:30 pm - 1:30 pm SO FIT Kickboxing Sandy						
					5:30 pm - 6:30 pm SO FIT Bootcamp Sandy	
	6 pm - 7 pm SO FIT Bootcamp Sandy		6 pm - 7 pm SO STRONG Sandy			
		6:45 pm - 7:45 pm SO FIT Yoga Colleen			6:30 pm - 7:30 pm SO FIT TRX Sandy	
	7 pm - 8 pm HYBRID Training Sandy			7 pm - 8 pm SO STRONG Sandy		
	8 pm - 9 pm SO FIT Pilates Colleen	8 pm - 9 pm HYBRID Training Sandy	8 pm - 9 pm SO FIT Kickboxing Kellie	8 pm - 9 pm SO FIT TRX Sandy		

All classes must be booked via our application. No walk-ins at this time.