

# The Beat Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>morning</i>	<i>morning</i>	<i>morning</i>	<i>morning</i>	<i>morning</i>
<b>5:30-6:15</b> Spin-Bill M	<b>5:30-6:15</b> Strength-Bill M	<b>5:30-6:15</b> Spin-April L	<b>5:30-6:15</b> Strength-Bill M	<b>5:30-6:15</b> Spin-Bill M
<b>7:45-8:15</b> TRX-Falon L	<b>8:15-9:30</b> Heated Power Yoga Cheryl H	<b>7:45-8:15</b> TRX-Falon L	<b>8:15-9:45</b> Heated Power Yoga Cheryl H	<b>7:45-8:15</b> TRX-Falon L
<b>9:15-10:00</b> Spin-Angela M	<b>10:15-11:15</b> TRX-Stephanie M	<b>8:15-9:30</b> Heated Power Yoga Cheryl H	<b>10:15-11:15</b> TRX-Stephanie M	<b>8:15-9:30</b> Yin Vin-Cheryl H
<b>9:15-10:00</b> Cardio Kickbox-Mindy	<b>11:15-12:15</b> Hot 26 Yoga-Patty E	<b>9:15-10:00</b> Spin-Liz A	<b>11:15-12:15</b> Hot 26 Yoga-Patty E	<b>9:15-10:00</b> Spin-Elizabeth Y
<b>10:00-11:00</b> Strength-Kate S	<b>12:15-12:45-lunchbox</b> TRX-	<b>9:15-10:15</b> Strength-Mindy L	<b>12:15-12:45-lunchbox</b> TRX-	<b>9:15-10:15</b> Strength-Mindy L
<b>10:00-11:00</b> DT Breakdown-Sarah S	<i>evening</i>	<b>10:30-11:30</b> Bag Burn-Mindy L	<i>evening</i>	<b>10:15-10:45</b> Core and Stretch-Mindy L
<b>11:15-12:15</b> Basic Yoga-Emily R	<b>4:30-5:15</b> Strength-Alicia C	<b>10:00-11:00</b> Dance Trance-Sarah S	<b>4:30-5:15</b> Strength-Alicia C	<b>10:00-11:00</b> Dance Trance-Sarah S
<b>12:15-12:45-lunchbox</b> Butts-N-Gutts-	<b>5:30-6:15</b> Zumba-Alicia C	<b>11:15-12:15</b> Restorative Yoga - Rose	<b>5:30-6:15</b> Zumba-Alicia C	<b>11:15-12:15</b> Mindful Movement-Martha M
<i>evening</i>	<b>5:30-6:15</b> Pilates and Foam Roll Carol R	<b>12:15-12:45-lunchbox</b> Spin-Elizabeth Y	<b>5:15-6:15</b> Pilates and Foam Roll Carol R	<b>12:15-12:45-lunchbox</b> Butts-n-Gutts- Angela M
<b>4:15-5:00</b> TRX Boot Camp-Carol R	<b>6:30-7:15</b> Bag Burn-Julian (JJ)	<i>evening</i>	<b>6:30-7:15</b> Bag Burn-Julian (JJ)	<i>evening</i>
<b>5:15-6:15</b> Basic Yoga Flow-Emily R	<b>7:15-8:15</b> Restorative Yoga Martha M	<b>4:15-5:00</b> TRX Boot Camp-Carol R	<b>7:15-8:15</b> Hot Yoga w/craft beer Michelle S	<b>4:00-5:00</b> Dance Trance-Marlee M
<b>5:30-6:15</b> Spin-Joanne		<b>5:15-6:00</b> Bootylicious-Carol O		<b>5:15-6:30</b> Hot Power Yoga-Cheryl H
<b>6:30-7:30</b> DT Brkdown-Christie F		<b>5:15-6:15</b> Dance Trance-Christie F		<b>5:00-7:00</b> Happy Hour
<b>7:30-8:30</b> Dance Trance Christie F		<b>5:30-6:15</b> Spin-Sarah N		
		<b>6:15-7:00</b> Big Ball Bounce-Carol O		

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6:30-7:45  
Hot Power Yoga-Cheryl H

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<b>SATURDAY</b>
<i>morning</i>
<b>9:00-10:00</b> Dance Trance-Averi
<b>9:00-9:45</b> Spin-Elizabeth Y
<b>10:00-11:00</b> Strength-Julie M
<b>10:15-11:15</b> Hot 26 Yoga Patty E
<b>VIRTUAL SPIN</b> Mon-Fri: 10:15-11:00 anytime upon request
<b>OFFICE HOURS</b> <u>Monday</u> 8:00A-1:00P 4:00P-8:30P  <u>Tuesday</u> 8:00A-1:00P 4:15P-8:15P  <u>Wednesday</u> 8:00A-1:00P 4:00p-8:00P  <u>Thursday</u> 8:00A-1:00P 4:15P-8:15P  <u>Friday</u> 8:00A-1:00P 3:45P-7:00P

302 S. 8th Street

[thebeatfitness.net](http://thebeatfitness.net)

904-432-7582

# The Beat Fitness Class Schedule

Saturday  
8:30A-11:30A

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