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SCHEDULE

Mayhem
MONDAY
w/ Ryan

7PM - Monday Night Mayhem is just what you need to get your Monday finished up! Mayhem is the name & Lower Body is Ryan's game!

TURN IT UP
TUESDAY
w/ Kelli

7PM - TURN IT UP Tuesdays are coming in HOT. So HOT you'll be preping for tank top season and feeling the BURN of what Kelli's cooking up in her workout workshop!

WACKY
WEDNESDAY
w/ Yuli

7PM - WACKY Wednesday means we're flipping the script! Weights first and we're kickin' it after! Strength then Stamina! Guess which wacky instructor is taking the stage?
YULI!

THROWBACK
THURSDAY
w/ Scott

7PM - Scott is bringing you a Studio Fit OG Style Class with Rhythmic Kickboxing! This throwback will have you jumping back into it in no time!

FEEL GOOD
FRIDAY
w/ Thea

6PM - Thea's Feel Good Friday will have you feeling strong, sweaty AND smiling! Her whole body workout is just what you need to earn your weekend!

**** All Classes have Fitness Kickboxing Combos on a bag, mitts, or shadow boxing ****

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