



Fall Schedule – September 2– December 2025

	Monday	Tuesday	Wed	Thur	Friday	Sat	Sunday
6:30 am	CrossTrain	CrossTrain	CrossTrain	S CrossTrain	CrossTrain		
8:00 am	She Shred		She Shred		She Shred.	She Shred	
9:00 am	CrossTrain	CrossTrain	CrossTrain	CrossTrain	CrossTrain	Cross Train	
10:30 am						Kids Class	
4:30 pm	CrossTrain	CrossTrain	CrossTrain	CrossTrain	CrossTrain		
5:30 pm	She Shred	CrossTrain	CrossTrain	CrossTrain	She Shred		
6:30 pm	Pilates	She Shred	She Shred.	She Shred			
7:30 pm	Somatic/ Restorative Yoga	Hatha/Yin Yoga	Boxing	Hatha/Yin Yoga			