

#garagegirlfitness

Schedule Updated December 3, 2018 (Always refer to www.supersaas.com for current schedule or garagegirlfitness.info)

To reserve your spot for a 6 or 12 week session, email Rose at garagegirlfitness@gmail.com. Don't see a time you like and have 2 people to do it with you, let me know and I will add it. We also offer Personal Training. Email me for a pricesheet: garagegirlfitness@gmail.com.

Various classes are ***AVAILABLE ONLINE***

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|--|
| <p>7:00-7:45am Total Muscle *6 Weeks 10/28-12/23 (No Class 11/4, 11/25, 12/9) *AVAILABLE ONLINE NEW 12/30-2/17 (No Class 1/13, 1/27)</p> | <p>5-5:45am "AMPED30" *12 Weeks 9/10-12/10 (No class 10/8 and 11/12) *NEW 12/17-3/18 (No Class 1/31 and 2/18)</p> | <p>5-5:30am Spin *12 Weeks *AVAILABLE ONLINE NEW 9/18-12/18 (No Class 11/6) *NEW 1/8-3/2 (No Class 2/19)</p> | <p>5-5:45am Cardio Bags *12 Weeks NEW 9/26-12/19 (No Class 11/7) *NEW 1/2-3/27 (No Class 2/19)</p> | <p>ASK ABOUT BEGINNER SPIN CLASSES AND PRIVATE SPIN CLASSES!</p> | | <p>6:30-7:15am SPIN/MUSCLE/STRE TCH *6 Weeks 12/8-1/26 (No Class 12/29 or 1/12)</p> |
| | | <p>5:35-6:20am Total Muscle *12 Weeks 9/18-12/18 (NO Class 11/6) *NEW 1/8-3/2 (No Class 2/19)</p> | <p>NEED A 9AM CLASS? ALL YOU NEED ARE 6 PEOPLE AND WE CAN ADD ONE!</p> | <p>START YOUR OWN SESSION!</p> | <p>Checkout Garage Girl Fitness at garagegirlfitness.info. Create an account and register for your classes.</p> | <p>Ask about beginner spin classes and private spin classes!</p> |
| | <p>5-5:45pm TRX/Barbell *6 Weeks 10/29-12/10 (No Class 11/12) *NEW 12/17-2/4 (No Class 12/24, 1/31)</p> | <p>6:00-6:45pm "Get Hooked" *12 Weeks 10/16-1/22 (No Class 11/6, 12/25, 1,1)</p> | <p>6:30-7:15pm Total Muscle *12 weeks 10/3-1/2 (No Class 10/17, 10/31, 11/7, 11/21, 12/26) *AVAILABLE ONLINE</p> | <p>3:30-4:15pm Cardio Bags 9/13-12/20 (No Class 10/11, 11/8 or 11/22) *NEW 6 Weeks 1/3-2/7</p> | | <p>Checkout Garage Girl Fitness at www.supersaas.com. Create an account and register for your classes</p> |
| | <p>6:30-7:15pm Yoga w Jane *6 Weeks 11/5-12/10 *NEW 12/17-2/4 (No Class 12/24, 12/31)</p> | <p>6:50-7:35pm Pilates *12 Weeks 10/16-1/22 (No Class 11/6, 12/25, 1,1) *AVAILABLE ONLINE</p> | <p>NEW 1/16-4/24 (No Class 2/20, 4/10, 4/17) *AVAILABLE ONLINE</p> | | | |