

Class Schedule

WEEK: January 12- January 18

Mon.
Jan 12

6AM | Rise & Flow
5PM | Total Body Basics
6PM | Wind Down Yoga

Tue.
Jan 13

530AM | Small Group
6PM | Power Sculpt

Wed.
Jan 14

6AM | Power Sculpt
9AM | Total Body Basics

Thu.
Jan 15

4PM | Small Group
6PM | Station Strength

Fri.
Jan 16

530AM | Power Sculpt
9AM | Small Group

Sat.
Jan 17

7AM | SWEAT
830AM | Hybrid Training