

PumpHouse Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am – 10am				Circuit HIIT		
10am – 11am	Circuit HIIT					Flow Yoga
11am – 12 pm						
12pm- 1pm						
1pm – 2pm		Battle Ropes 1:00 – 1:45				
2pm- 3pm						
3pm-4pm						
4pm-5pm						
5pm-6pm						
6pm-7pm	No Limits	POUND 6:30	Spin 6:00 – 6:45			
	Spin 6:30 – 7:15					
7pm-8pm	Tone It Up 7:30- 8:30		Battle Ropes 7:45- 8:30	ZUMBA/Dance Fitness 7:30- 8:30		
8pm-9pm						

**** Please call or see staff to reserve your spot for Spin and POUND classes**

