



# GROUP FITNESS SCHEDULE

	STUDIO	YOGA	TRAVEL
MON	<b>6-6:50am</b> Kettlebell/TRX Perfect Pair <b>7-8am</b> Total Fitness & POUND <b>9-10am</b> Barre  <b>5:30-6:20pm</b> TRX Interval <b>6:30-7:20pm</b> Pilates Beginner Mat Focus	<b>9-10:30am</b> Therapeutic Yoga Flow  <b>12-1pm</b> Vinyasa All Levels  <b>6-7pm</b> Vinyasa All Levels	<b>7-8am</b> Total Fitness & POUND <b>9-10:30am</b> Therapeutic Flow <b>12-1pm</b> Abs, Arms, and Assets  <b>7:30-8:45pm</b> Yin Nidra
TUES	<b>6-7 am</b> Kettlebell <b>6:30-7:15am</b> Science-n-Soul Cycle <b>9-9:45am</b> Science-n-Soul Cycle <b>9-9:50 am</b> Core+ <b>10:30-11:20am</b> TRX Interval <b>12-1pm</b> Barre <b>5-6pm</b> Circuit Training <b>6-6:50pm</b> Pilates Mat with Props	<b>9-10am</b> Slow Inner Flow Yoga  <b>10:30-11:30</b> Vinyasa All Levels  <b>6-7pm</b> Yin Yang Yoga	<b>9-10am</b> Slow Inner Flow Yoga  <b>12-1pm</b> Barre <b>6-6:50pm</b> Pilates with Props
WED	<b>7-8am</b> F.I.R.E. <b>9-10am</b> Pilates Mat <b>9:30-10:30am</b> Cycle Core Combo <b>12-1pm</b> Kettlebell  <b>5:30-6:20pm</b> Kettlebell <b>6-7pm</b> Barre <b>6-6:55pm</b> Beginner Tower Small Group \$	<b>6-6:45am</b> Vinyasa Express <b>9-10am</b> Vinyasa All Levels  <b>12-1pm</b> Yin  <b>6:30-7:45pm</b> SUMMER Yoga Series	<b>7-8am</b> F.I.R.E. <b>9-10am</b> Pilates Mat  <b>12-1pm</b> Yin Yoga  <b>6-7pm</b> Barre
THURS	<b>6:30-7:15am</b> Science-n-Soul Cycle <b>8-8:45am</b> Cycle Fit Combo <b>9-9:50am</b> Fall Prevention Tools for Life <b>9:30-10:30am</b> Strength & Mobility <b>12-1pm</b> Barre <b>5:30-6:30am</b> NEW! Cycle H.I.I.T.	<b>9-10:30am</b> Vinyasa All Levels  <b>5-6pm</b> Power Flow	<b>7-8am</b> Rise-n-Flow Yoga  <b>12-1pm</b> Barre
FRI	<b>7-8am</b> Total Fitness & POUND <b>8-8:50am</b> TRX Interval <b>8:30-9:15am</b> Pilates Mat <b>9-9:50am</b> TRX <b>9:30-10:15am</b> Science-n-Soul Cycle	<b>9:30-10:30am</b> Warm Power Flow  <b>12-1pm</b> Slow Inner Flow  <b>5:30-6:30pm</b> Vinyasa All Levels	<b>7-8am</b> Total Fitness & POUND <b>8:30-9:15am</b> Pilates Mat <b>10:30-11:30am</b> Strength & Mobility <b>12-1pm</b> Slow Inner Flow Yoga
SAT	<b>8-8:45am</b> Science-n-Soul Cycle <b>8-8:50am</b> TRX Interval <b>9-10am</b> Kettlebell <b>9-9:45am</b> Science-n-Soul Cycle <b>9:30-10:30am</b> Barre <b>10-10:45am</b> Pilates Mat <b>10:30-11:25am</b> Int. Tower Small Group \$	<b>8-9 am</b> Vinyasa All Levels <b>9:30-10:45am</b> Vinyasa All Levels	<b>9-10am</b> Bodyweight & Balance training
SUN	<b>8:30-9:20am</b> Science-n-Soul ZONE+You <b>9-10am</b> Barre <b>10-11am</b> Tower Fusion Small Group \$ <b>9:30-10:30am</b> Total Fitness	<b>9:30-10:30am</b> Vinyasa All Levels  <b>11am-Noon</b> Yin	

July 2023

**CLUB HOURS OF OPERATION**  
**MON-FRI** 5:30am-8:30pm  
**SAT-SUN** 7:00am-3:00pm

**KIDS CLUB HOURS OF OPERATION**  
**MON-FRI** 8:30am-1:30pm | **SAT** 8:30-11:30am  
**MON + TUES** 5 -7:30 pm