



GROUP FITNESS SCHEDULE

STUDIO

YOGA

TRAVEL

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

January 2024

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