



Group Fitness Schedule

Cycle Zone
Group X - Turf
Barre Studio

Monday
Cycling 5:15am-6:00am Jessica
HIIT Boxing 6:00am-6:30am Jessica

Tuesday
Les Mills Grit Cardio 5:15am-5:45am Jessica
Strength & Core 5:50am-6:30am Jessica

Wednesday	
Les Mills Body Pump 5:15am-6:00am Jessica	Cycling 5:15am-6:00am Cassie
J60X - Kettlebells - Circuit Training 6:00am-6:30am Jessica	

Thursday
Les Mills Grit Athletic 5:15am-5:45am Jessica
Strength & Core 5:50am-6:30am Jessica

Friday
Cycling 5:15am-6:00am Jessica
Core & Stretch 6:00am-6:30am Jessica

Cycling 8:00a.m.-9:00a.m. Cassie
Les Mills Body Pump 9:00am-10:00am Kristin

Glutes & Core 8:00a.m.-8:55a.m. *Bia	
*Bia's Bootcamp 9:00am-10:00am *Bia	Les Mills Body Combat 9:00-10:00 a.m. Kristin

Cycling 8:00a.m.-9:00a.m. TBD	
Les Mills Body Pump 9:00am-10:00am Tracy	Body Flow 9:00-9:45 a.m. Kristin

Glutes & Core 8:00a.m.-8:55a.m. *Bia	
*Bia's Bootcamp 9:00am-10:00am *Bia	Les Mills Body Combat 9:00-10:00 a.m. Kristin

Cycling 8:00a.m.-9:00a.m. Cassie
Les Mills Body Pump 9:00am-10:00am Tracy

Varsity Strength 10:30am-11:30am Shawna

Varsity Cardio 10:30am-11:30am Shawna

Varsity Strength 10:30am-11:30am Shawna

HIIT, Glutes, & Core 4:15pm-5:15pm *Bia	Cycling 5:30pm-6:15pm John P.
Barre, Sculpt & Tone 5:15pm-6:00pm Jessica	J60X - Kettlebells - Circuit Training 6:15pm-7:00pm Jessica

*Bia's Bootcamp 4:15pm-5:15pm *Bia	Les Mills Body Combat 5:30p,-6:15pm Linda K.
Les Mills Grit Cardio 5:30pm-6:00pm Jessica	Les Mills Body Pump 6:00pm-7:00pm Jessica

HIIT, Glutes, & Core 4:15pm-5:15pm *Bia	Cycling 5:30pm-6:15pm TBD
Barre Fight 5:15pm-6:00pm Jessica	J60X - Kettlebells - Circuit Training 6:15pm-7:00pm Jessica

*Bia's Bootcamp 4:15pm-5:15pm *Bia	Les Mills Grit Strength 5:30pm-6:00pm Jessica
Step & Core 6:00pm-7:00pm Jessica	

Friday Fitness Events 5:30pm-6:30pm MIX- TBD
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Saturday	
Cycling 8:30am-9:30am Shawna	J60X 8:00am-8:45am Jessica
Les Mills Body Pump 9:00am-10:00am Jessica	
Barre, Sculpt & Tone 10:00am-10:45am Jessica	

Sunday
Sunday Funday 8:30am-9:30am Jessica
Les Mills Body Pump 9:45am-10:45am Jessica
Les Mills Body Flow 10:45am-11:30am Jessica

*Classes listed with instructor - *Bia - start 10/1/2021

Gym & Alley Hours

M-F: 5:00am to 9:00pm
Sat/Sun: 6:00am to 2:00pm

Childcare Hours

M-Sun: 8:00am to 12:00pm
M-Thurs: 4:00pm to 8:00pm

Cycling Bikes and Class Equipment are open for use anytime there is not a class scheduled. Alley is open for use all business hours.