



CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am, Arena ZONE	5:30am, Arena ZONE	6:00am, Arena ZONE	6:00am, Arena Kettlebell & TRX	6:00am, Studio BodyPump	8:00am, Arena Kettlebell & TRX	9:00am, Studio Body flow
6:00am, Class Rm Pilates Reformer	6:00am, Studio GRIT	6:00am, Class Rm Pilates Reformer	6:00am, Studio GRIT	7:00am, Arena MetCon	8:00am, Studio Body flow	10:00am, Studio GRIT
6:00am, Studio BodyPump	6:30am, Studio Yoga	6:00am, Studio Barre	6:30am, Studio Yoga	10:00am, Class Rm Pilates Reformer	9:00am, Studio Barre	10:30am, Studio Yoga
7:00am, Arena Bi's, Tri's, Thighs	6:00pm, Arena ZONE	9:30am, Arena MetCon	11:00am, Studio Dance Pilates	12:00pm, Arena Boot Camp	9:00am, Arena ZONE	
9:30am, Studio Bodypump	6:00pm, Studio Pilates Mat	10:00am, Class Rm Pilates Reformer	5:00pm, Arena ZONE	5:30pm, Arena Boxing	9:30am, Class Rm Pilates Reformer	
10:00am, Class Rm Pilates Reformer	6:30pm, Class Rm Pilates Reformer	5:00pm, Square ViPR	5:45pm, Studio AbWorx	6:00pm, Arena Bars and Bells	10:00am, Studio Yoga Stretch	
10:30am, Studio AbWorx	7:00pm, Arena Boxing	6:00pm, Studio Pilates Mat	6:00pm, Class Rm Pilates Reformer	6:00pm, Studio Yoga	10:15am, Arena ViPR	
12:00pm, Arena Boot Camp	7:00pm, Studio BodyPump	6:00pm, Arena ZONE	6:15pm, Arena Bi's, Tri's, Thighs		11:00am, Arena ZONE	
5:00pm, Square ViPR	7:30pm, Class Rm Pilates Reformer	7:00pm, Class Rm Pilates Reformer	6:15pm, Studio Circuit 45		11:00am, Studio Bodypump	
6:00pm, Arena ZONE	8:00pm, Studio Capoeira	7:00pm, Studio Yoga	7:00pm, Class Rm Pilates Reformer		12:00pm, Studio Capoeira	
6:00pm, Studio Yoga		7:30pm, Arena Bars and Bells	7:00pm, Arena ZONE			
7:00pm, Class Rm Pilates Reformer		8:00pm, Studio GRIT	7:00pm, Studio Barre			
7:00pm, Studio Barre			8:00pm, Studio Capoeira			
7:00pm, Arena MetCon						
7:30pm, Arena Bars and Bells						

KID FIT

KEY

TUESDAY	THURSDAY	FRIDAY	KEY
4-4:45PM: Kid Fit: Ages 9 -14 years	4-4:45PM: Kid Fit: Ages 9 -14 years	4:15-5PM: Kid's Hip Hop Zumba Ages: 5 -10 years	<ul style="list-style-type: none"> ● Restorative: Pilates, Pilates Mat, Yoga, Barre, BodyFlow ● 3D: ViPR, Capoeira, Kettle Bells & TRX, Kickboxing ABWORX, Kickboxing ● Strength: Bars and Bells, Bi's Tri's and Thighs ● Cardio: MetCon, GRIT, Boot Camp, Boxing, BodyPump ● ZONE ● Tier 3 ● Tier 2 ● Tier 1
			For class availability and the most upto date schedule, please visit us online.