



CLASS SCHEDULE

GROUP EX STUDIO

SUNDAY

BODYCOMBAT
9:00 am

MONDAY

BODYPUMP
9:30 am

**Stretch & Flex
Express**
10:30 am

BODYPUMP
4:00 pm

BODYCOMBAT
5:30 pm

TUESDAY

BODYPUMP
5:15 am

Barre
9:30 am

TBC
4:00 pm

BODYATTACK
5:00 pm

WEDNESDAY

TBC
8:30 am

BODYPUMP
9:30 am

Zumba
10:30 am

Yoga
5:00 pm

THURSDAY

BODYPUMP
5:15 am

Barre
9:30 am

Abs & Uppers
10:30 am

BODYPUMP
5:00 pm

FRIDAY

BODYPUMP
9:00 am

Les Mills Core
10:00 am

BODYCOMBAT
5:00 pm

SATURDAY

BODYPUMP
8:30 am

BODYATTACK
9:30 am

Yoga
10:30 am