

Group Fitness Schedule

Please check our website for most up to date schedule and class cancellations.

Time	SUNDAY	MON	TUES	WED	THUR	FRI	SAT
6:00AM		Group Power	Get RIPPED!	Group Power	Get RIPPED!	Group Power	
		Power Cycle	Adrenaline	Power Cycle	Adrenaline	Power Cycle	
			Hatha Yoga		Vinyasa Flow	Hot Flow	
8:30AM							Hot Power Flow
9:00AM	Get Ripped!	Get Ripped! Cardio				Get Ripped! Cardio	Maximum Step
9:30AM		Get RIPPED!	Boxing Bootcamp	Get RIPPED!	Boot Camp	Get RIPPED!	Power Cycle
	Adrenaline	Power Cycle	Strength and Balance	Strength and Balance	Strength and Balance	Cycle N'Box	
	Zumba		Adrenaline		Adrenaline		
	Power Cycle						
9:45AM							Boxing Bootcamp
10:00AM							Adrenaline
10:10AM							Group Core
10:30AM	Boxing Bootcamp	Deep Water		Deep Water		Deep Water	Pilates Flex
10:45AM					Kick Boxing		Group Power
11:00AM	Level 2 Yoga (1.25hr)	Yoga Blend		Yoga Blend		Yoga Blend	Row N'TRX
12:00PM		Boot Camp	Pilates	Boot Camp	Hot Flow		Get RIPPED!
			Power Cycle Lights			Freedom Friday (No Instructor)	Restorative Yoga
12:15PM			Group Power	Hot Pilates	Group Power		
			Adrenaline		Adrenaline	Adrenaline	
12:45PM	Yoga For Sport						
1:00PM	Get Ripped!						
1:15PM		Adrenaline		Adrenaline			
4:30 PM			Hot Blend				
5:00PM		Maximum Step	Get RIPPED!	Row N'TRX	Get RIPPED!	Adrenaline	
5:15PM		Hot Flow		Hot Flow		Hot Flow	
5:30PM		Power Cycle	Power Cycle	Power Cycle Lights			
				Adrenaline			
5:45PM					Cycle N' Box		
6:00PM			Strength and Balance		Pilates Flex		
6:15PM		Get RIPPED!	Get RIPPED!	Group Power	Get RIPPED!		
				Zumba			
6:45PM		Cycle N'Box					
7:15PM		Hatha Yoga (1.25hr)	Hot Yoga Bootcamp	Yin Yang	Hot Yoga Bootcamp		
7:30PM		Group Power		Get RIPPED!			