



CLASS SCHEDULE

MON

HARD CORE

11:30 AM | Studio 1 | Monzell

STRICTLY STRENGTH

5:15 PM | Studio 1 | Meghan

TUE

HIIT & CORE

6:30 AM | Studio 1 | Meghan

HIIT

11:30 AM | Studio 1 | Scotty

CORE & STRETCH

12:00 PM | Studio 1 | Monzell

WED

VINYASA YOGA

6:30 AM | Studio 1 | Leslie

STRENGTH & CONDITIONING

11:30 AM | Studio 1 | Meghan

THUR

HIIT

11:30 AM | Studio 1 | Scotty

TOTAL BODY STRENGTH

5:15 PM | Studio 1 | Scotty