



Class Schedule

AM

PM

S
U
N

**STRENGTH &
CONDITIONING**
7:00-8:00

HIIT
18:30-19:15

M
O
N

HIIT
19:30-20:15

T
U
E

GROUP CYCLING
19:00-20:00

W
E
D

**STRENGTH &
CONDITIONING**
18:30-19:30

T
H
U

**SUNRISE
STRETCH**
8:30-9:30

F
R
I

**TOTAL BODY
WORKOUT**
10:00-11:00

**STRENGTH &
CONDITIONING**
16:00-17:00

S
A
T

GROUP CYCLING
10:00-11:00

CIRCUIT TRAINING
14:00-15:00