



Group Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Ride ▶ •• 45 min Studio A	Row ▶ •• 30 min Studio A	Bars & Bells ▶ ••• 45 min Studio A	HIIT ▶ ••• 30 min Studio A	Ride ▶ •• 45 min Studio A		
7:00 AM	Cardio Fit ▶ •• 30 min Studio A	S & S ▶ • 30 min Studio A	20/20 ▶ •• 45 min Studio A	Core Balance • 30 min Fitness Area	TBC ▶ •• 45 min Studio A		
8:00 AM	TBC •• 45 min Fitness Area	Core Boot Camp •• 45 min Fitness Area	Cardio Fit ▶ •• 30 min Studio A	Step & Strength •• 45 min Fitness Area	20/20 ▶ •• 45 min Studio A		
9:15 AM	20/20 •• 45 min Fitness Area	C/S/Y •• 45 min Fitness Area	TBC •• 45 min Fitness Area	S & S • 30 min Fitness Area	Simply Stretch • 30 min Fitness Area	S & S • 30 min Fitness Area	Zumba •• 45 min Fitness Area
10:30 AM	S & S • 30 min Fitness Area	Zumba •• 45 min Fitness Area	Core ▶ •• 30 min Studio A	C/S/Y •• 45 min Fitness Area	Ride ▶ •• 45 min Studio A	Kick ••• 45 min Fitness Area	Chisel & Burn ••• 45 min Fitness Area
12:00 PM	Ride •• 45 min Studio A	Step ▶ •• 30 min Studio A	Core Balance • 30 min Fitness Area	TBC ▶ •• 45 min Studio A	Zumba •• 45 min Fitness Area	TBC •• 45 min Fitness Area	Ride •• 45 min Studio A
1:30 PM	Gentle Fit • 30 min Fitness Area	TBC •• 45 min Fitness Area	Gentle Fit • 30 min Fitness Area	Row •• 30 min Fitness Area	S & S • 30 min Fitness Area	Row ▶ •• 30 min Studio A	Core Balance ▶ • 30 min Studio A
5:30 PM	Core Boot Camp •• 45 min Fitness Area	Kick ••• 45 min Fitness Area	Row/Core •• 45 min Fitness Area	TBC •• 45 min Fitness Area			
5:45 PM					Ride/Sculpt •• 45 min Studio A		
6:30 PM	Ride ▶ •• 45 min Studio A	Bars & Bells ▶ ••• 45 min Studio A	Ride ▶ •• 45 min Studio A	Step •• 45 min Fitness Area			
7:30 PM			Chisel & Burn ••• 45 min Fitness Area				

CLASS LEGEND

- Level 1
- Level 2
- Level 3
- ▶ Virtual

Please refer to our website for class descriptions.