



CLASS SCHEDULE

UPDATED NOVEMBER 2022

MONDAY

5.00 PM

BOOT CAMP

TUESDAY

5.00 PM

STRONG

WEDNESDAY

5.00 PM

BOOTCAMP

6.00 PM

YOGA

THURSDAY

6.00 PM

SHARE A TRAINER

FRIDAY

SATURDAY

8.00 AM

SHARE A TRAINER

SUNDAY

8.30 AM

STRONG

10.00 AM

YOGA