

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

**KETTLEBELLS & CARDIO**  
7:00 AM

**HIIT & PUSH**  
7:00 AM

**MOBILITY & CORE**  
7:00 AM

**CARDIO CIRCUIT**  
7:00 AM

**FUNCTIONAL FRIDAY**  
7:00 AM

**PILATES**  
10:00 AM

**HIIT & LEGS**  
10:00 AM

**MOBILITY & ABS**  
10:00 AM

**HIIT & PUSH**  
10:00 AM

**MOBILITY & ABS**  
10:00 AM

**HIIT & PULL**  
10:00 AM

**RIDE**  
11:00 AM

**RUN & FULL BODY**  
11:00 AM

AFTERNOON

**RIDE & KETTLEBELLS**  
1:15 PM

**LIFT**  
1:15 PM

**HIIT CIRCUIT**  
1:15 PM

**RIDE**  
1:15 PM

**FUNCTIONAL FRIDAY**  
1:00 PM

**LIFT**  
12:00 PM

**RIDE**  
5:15 PM

**GLUTES & ABS**  
5:15 PM

**HIIT CIRCUIT**  
5:15 PM

**RIDE**  
5:15 PM

**GLUTES & ABS**  
6:15 PM

**RIDE**  
6:15 PM

**GLUTES & ABS**  
6:15 PM

**PILATES**  
6:15 PM

**RIDE**  
7:15 PM

**PILATES**  
7:15 PM

**RIDE**  
7:15 PM

**LIFT**  
7:15 PM

**LIFT**  
8:15 PM

**RIDE**  
8:15 PM

**KETTLEBELLS & CORE**  
8:15 PM

**RIDE**  
8:15 PM

EVENING

**TUESDAY & THURSDAY**

**SPPT**

5:45 PM | 6:45 PM | 7:45 PM

2PM COMING SOON | CLASSES OF 10 PEOPLE MAX

**CLASS SCHEDULE**