



Summer Schedule

Beginning Monday, 6/29



Monday.

5:00AM	FULL-BODY STRENGTH
6:00AM	FULL-BODY STRENGTH
8:00AM	ZUMBA
9:00AM	FULL-BODY STRENGTH
10:30AM	GIRLS S&C
6:30PM	CARDIO KICK & BURN

Tuesday.

5:00AM	HIIT+CORE
6:00AM	RIDE
6:00AM	HIIT+CORE
8:00AM	SCULPT & FLOW
9:00AM	HIIT+CORE
4:30PM	PERFORMANCE
5:45PM	ELITE
7:00PM	FULL-BODY STRENGTH

Wednesday.

5:00AM	FULL-BODY STRENGTH
6:00AM	FULL-BODY STRENGTH
8:00AM	STRETCH & MOBILITY
9:00AM	FULL-BODY STRENGTH
4:30PM	FOUNDATIONS
5:45PM	GIRLS S&C
6:00PM	SCULPT & FLOW

Thursday.

5:00AM	HIIT+CORE
6:00AM	RIDE
6:00AM	HIIT+CORE
9:00AM	ZUMBA TONE
9:00AM	HIIT+CORE
10:30AM	PERFORMANCE
12:00PM	ELITE
6:30PM	TURN UP

Friday.

5:00AM	FULL-BODY STRENGTH
6:00AM	FULL-BODY STRENGTH
8:00AM	SCULPT & FLOW
9:00AM	FULL-BODY STRENGTH
10:30AM	LAX S&C

Saturday.

7:00AM	RIDE+REPS
8:00AM	BUNS, GUNS & ABS
8:30AM	ZUMBA
9:30AM	FOUNDATIONS

Kidsitting Hours: Monday - Friday • 8am - 10am