



2020 Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Virtual Meditation 8:30		Virtual Meditation 8:30			
Yoga Revive 9:00	Pulse 9:00	Body Sculpt / Move + 9:00	Strength 9:00	Group Ride 9:00	Group Ride / Punch & Crunch 9:15	
	Turbulent / Pilates Core 12:00				Turbulent 10:15	Yoga Revive / Body Sculpt 10:15
	High Voltage 5:15	Combustion 5:15				
Cardio Max 5:30	Group Ride 5:30		Turbulent 5:30			



Class Schedule



Cycle • Mindbody • Group Fitness