



CLASS SCHEDULE



Monday

5:30 AM - 6:30 AM
 6:00 AM - 6:30 AM
 12:00 PM - 1:00 PM
 6:00 PM - 7:00 PM
 6:00 PM - 7:00 PM
 7:00 PM - 8:00 PM

Total Body Fitness*
 HIIT Strength
 Total Body Fitness
 Total Body Fitness
 Pilates Strength*^
 Restorative Yoga*

Tuesday

5:00 AM - 6:00 AM
 6:00 AM - 6:30 AM
 9:30 AM - 10:30 AM
 1:00 PM - 2:00 PM
 5:00 PM - 6:00 PM
 6:00 PM - 7:00 PM

Total Body Fitness
 HIIT Strength
 Total Body Fitness
 Stretch & Balance*
 Pilates Mat*
 Total Body Fitness

Wednesday

5:30 AM - 6:30 AM
 6:00 AM - 6:30 AM
 12:00 PM - 1:00 PM
 6:00 PM - 7:00 PM
 6:00 PM - 7:00 PM

Total Body Fitness*
 HIIT Strength
 Total Body Fitness
 Total Body Fitness
 Pilates Strength*^

Thursday

5:00 AM - 6:00 AM
 6:00 AM - 6:30 AM
 9:30 AM - 10:30 AM
 12:00 PM - 1:00 PM
 5:00 PM - 6:00 PM
 6:00 PM - 7:00 PM

Total Body Fitness
 HIIT Strength
 Total Body Fitness
 Yoga For Mobility*
 Pilates Mat*
 Total Body Fitness

Friday

5:30 AM - 6:30 AM
 6:00 AM - 6:30 AM
 7:30 AM - 8:30 AM
 9:00 AM - 10:00 AM

Total Body Fitness*
 HIIT Strength
 Total Body Fitness
 Restorative Yoga*

Saturday

8:00 AM - 9:00 AM
 8:00 AM - 9:00 AM
 8:00 AM - 9:00 AM
 9:00 AM - 10:00 AM

Ultimate Play
 Pilates Strength*^
 Total Body Fitness
 Total Body Fitness

* Class is Upstairs in The Roots

^ Class Requires a Sign-Up at the Front Desk