



Group Schedule

***Group Classes are 55 minutes.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am HardCore Matt	6:00am Reformer Alisha	6:00am HardCore Matt		6:00am Reformer Alisha	
7:00am HardCore Matt	7:00am HardCore Matt	7:00am HardCore Matt	7:00am HardCore Matt	7:00am HardCore Matt	
8:00am Level 1 TRX Matt		8:00am Level 1 TRX Matt		8:00am Reformer Alisha	
9:00am Reformer Christi	9:00am Reformer Alisha	9:00am Pilates Cardio Lauren	9:00am TRX Matt	9:00am Mat Plus Christi	NEW!!! 9:00am Pilates Cardio Christi
10:00am Advanced Reformer Lauren	NEW!!! 10:00am TRX Alisha Starts 2/28	10:00am Reformer Christi	10:00am Reformer Alisha	10:00am Reformer Alisha	NEW!!! 10:00am TRX/HardCore Combo Matt
11:00am TRX Lauren	NEW!!! 11:00am Stretch & Sculpt Christi	11:00am TRX Lauren	11:00am TRX Matt	11:00am Pilates/TRX combo Alisha	
12:00pm TRX Matt				12:00pm TRX Matt	
				3:30 TRX/HardCore Combo Matt	Pilates/ TRX Combo
4:00pm TRX Lauren		4:00pm TRX Lauren			Pilates
5:00pm Reformer Christi		5:00pm Reformer Christi			TRX
6:00pm Mat/Reformer Christi	6:00pm TRX Matt	6:00pm Reformer Christi	6:00pm TRX Matt		HardCore