



FALL 2019

Schedule Starts Sept 2nd

Any class with less than 6 in attendance is revamped for the next mth or removed from calendar

MONDAY

5:00 AM Cardio Bootcamp
8:30 AM Kallie Kombo

4:30PM Dance & Tone
5:30 PM Interval Combo
SIGNUP Special Session WATER

TUESDAY

8:30 AM Melanie Mashup
8:30 AM SPIN with SIM
4:30 PM Express SPIN
5:00 PM Express SPIN
5:30 PM Dance PLUS
6:30 PM Intro to YOGA

WEDNESDAY

5:00 AM Weights Bootcamp
8:30 AM Hip Hop Abs
SIGNUP Special Session WATER
4:30 PM Butts&Guts&Cardio
5:30 PM SPIN with Sim

THURSDAY

8:30 AM Let's LIFT IT
4:30 PM Out The Box
5:30 PM Restorative Yoga

FRIDAY

5:00 AM CIRCUIT Bootcamp
8:30 AM Hip Hop Tone
9:30 AM Barre Necessities

SATURDAY *Sept Yoga*

8:30 AM Interval Combo 7,14,21,28

DAYCARE HOURS

MON WED FRI 8:15 - 10:45 AM
TUES THU SAT 8:15 - 10 AM
MON TUES WED TH 4:15 - 6:45 PM

SEPTEMBER MONTHLY UPDATE

1st FRI of the mth 5am SPIN Sept 6th

Join our GYM Run Team @ the Desk

Shake of the Month: Sweet Strawberry

SALE: 20% off -
ALL THEMED shirts

Homecoming is around the corner!
Spray Tan SPECIAL \$35

Stay Tuned for our next
fitness challenge....