

Thanksgiving Club Hours & Schedule

WEDNESDAY NOV 22nd

CLUB HOURS: 6 AM - 8 PM

6:15 AM | TRX® Blitz | Odilia

9:30 AM | Barre Mix | Jenne

12 PM | Total Body Conditioning | Susanna

5:45 PM | Tabata Cross | Jet

6:30 PM | Power Yoga | Howard

7 PM | Express Cycle | Jet

THURSDAY NOV 23rd

CLUB HOURS: 8 AM - 2 PM

9 AM | Total Body Conditioning | Susanna

10 AM | Turbo Kick® | Susanna

11 AM | Vinyasa Flow | Ronn

FRIDAY NOV 24th

CLUB HOURS: 8 AM - 4 PM

9 AM | Push 30 | Nate

9:30 AM | Athletic Pilates | Ray

10:30 AM | Athletic Conditioning | Nate

12 PM | Studio Cycle Mix | Ray

1 PM | All Core | Ray

SATURDAY NOV 25th

CLUB HOURS: 8 AM - 4 PM

8:15 AM | Vinyasa Flow | Jenna

8:30 AM | Bootcamp Mix | Erin

9 AM | Pull | Kyoko

9:30 AM | Barre Mix | Jenne

9:45 AM | X Train | Erin

10 AM | Aerial Silk 101 (\$) | Kyoko

10:45 AM | Express Cycle | Jenne

11 AM | Foam Roll Release | Erin

12 PM | Vinyasa Flow | Cecily

12:30 PM | Rock Climb 101 | Ryan

1:30 PM | Open Climb | Ryan

SUNDAY NOV 26th

CLUB HOURS: 8 AM - 4 PM

9 AM | Vinyasa Flow | Caitlin

10 AM | Studio Cycle Mix | Ray

10:30 AM | Boxing | Odilia

11 AM | Total Body Conditioning | Ray

