

Labor Day Holiday Club Hours & Schedule

FRIDAY AUG 30th

CLUB HOURS: 6 AM - 8 PM

7 AM | Power Yoga | DIANA

8:30 AM | TRX® Bodyweight Burn | VANESSA

12 PM | Studio Road Ride | VANESSA

1 PM | All Core | VANESSA

4:30 PM | Cross Mix | VINCENT

5 PM | Pilates Mat | STELLA

5:15 PM | MMA Conditioning | VINCENT

6 PM | Cycle Circuit | KIM W.

SATURDAY AUG 31st

CLUB HOURS: 8 AM - 4 PM

8:15 AM | Bootcamp Mix | ANDRE

9:15 AM | Studio Road Ride | JET

9:30 AM | Barre Mix | STELLA

9:45 AM | willPower & grace® | KIM N.

10:30 AM | Foam Roll Release | STELLA

10:30 AM | TRX® Bodyweight Burn | VINCENT

11 AM | Bootcamp Mix | ANDRE

SUNDAY SEPT 1st

CLUB HOURS: 8 AM - 4 PM

9 AM | Vinyasa Flow | ROY

10 AM | Pro Box | DAVE

10:30 AM | Studio Cycle Mix | AVA

11 AM | Total Body Conditioning | STELLA

12 PM | Tough Girl | JOHNNY

MONDAY SEPT 2nd

CLUB HOURS: 8 AM - 4 PM

8:30 AM | Tabata Cross | JET

9:30 AM | Studio Road Ride | JET

10 AM | Barre Mix | STELLA

11 AM | Zumba® | STELLA

6 PM | Outdoor Bootcamp at PUMA YARD SF | EMILIE
(Pier 27 - Embarcadero @ Lombard)

