

Memorial Day Weekend Club Hours & Schedule

FRIDAY MAY 23rd

CLUB HOURS: 6 AM - 8 PM

6:15 AM | Studio Road Ride | Vanessa
6:30 AM | Pro Box | Dave
7:15 AM | Power Yoga | Roy
8:30 AM | TRX® Bodyweight Burn | Vanessa
12 PM | Studio Cycle | Ava
1 PM | All Core | Ava
4:30 PM | Cross Mix | Vincent
5 PM | Pilates Mat | Francisco
6 PM | Express Cycle | Vanessa
5:15 PM | MMA Conditioning | Vincent
6:15 PM | Yin Yoga | Stephanie

SATURDAY MAY 24th

CLUB HOURS: 8 AM - 4 PM

8:15 AM | Bootcamp Mix | Wendy
9:15 AM | Studio Cycle Mix | Vanessa
9:30 AM | Barre Mix | Stella
9:45 AM | X-Train | Jet
10 AM | Cross Mix | Vincent
10:30 AM | Foam Roll Release | Stella
10:30 AM | TRX® Bodyweight Burn | Vincent
11 AM | Bootcamp Mix | Jet
12 PM | Vinyasa Flow | Cecily
3 PM | Cardio Combat | Paul

SUNDAY MAY 25th

CLUB HOURS: 8 AM - 4 PM

9 AM | Vinyasa Flow | Robin
10 AM | Cross Mix | Vanessa
10:15 AM | Pro Box | Heather
10:30 AM | Studio Road Ride | Vanessa
11 AM | Total Body Conditioning | Francisco
11:30 AM | TRX® Bodyweight Burn | Vanessa
12 PM | Strength & Conditioning | Johnny

MONDAY MAY 26th

CLUB HOURS: 8 AM - 4 PM

9 AM | Bootcamp Mix | Vanessa
10 AM | Studio Road Ride | Vanessa
11 AM | Vinyasa Flow | Ronn

