

4th of July Weekend Club Hours & Schedule

THURSDAY JULY 3rd

CLUB HOURS: 6 AM - 8 PM

6:30 AM | Cross Mix | Sam

7 AM | Tabata Cross | Jet

8:30 AM | Studio Road Ride | Vanessa

9:30 AM | All Core | Vanessa

12 PM | Strength + Conditioning | Johnny

1 PM | Vinyasa Flow | Erin

4:30 PM | Pro Box | Dave

5 PM | Power Yoga | Robin

6 PM | Build | Johnny

6:30 PM | Cardio Bootcamp | Stella

FRIDAY JULY 4th

CLUB HOURS: 8 AM - 4 PM

9:30 AM | Studio Road Ride | Vanessa

10:30 AM | All Core | Vanessa

11 AM | Strength + Conditioning | Johnny

SATURDAY JULY 5th

CLUB HOURS: 8 AM - 4 PM

8:15 AM | Bootcamp Mix | Andre

9:15 AM | Studio Cycle Mix | Erin

9:45 AM | X Train | Andre

11 AM | Bootcamp Mix | Jeremy

11 AM | willPower & grace® | Kim

12 PM | Vinyasa Flow | Cecily

SUNDAY JULY 6th

CLUB HOURS: 8 AM - 4 PM

9 AM | Vinyasa Flow | Robin

10:15 AM | Pro Box | Heather

10:30 AM | Studio Road Ride | Vanessa

11:30 AM | TRX® Bodyweight Burn | Vanessa