

Memorial Day Weekend Club Hours & Schedule

FRIDAY MAY 22nd

CLUB HOURS: 6 AM - 8 PM

6:15 AM | Studio Road Ride | Jet

6:30 AM | Pro Box | Dave

7:15 AM | Vinyasa Flow | Cecily

8:30 AM | Tabata Cross | Jet

9:30 AM | Studio Pilates Mix | Nicole

12 PM | Express Cycle | Cecily

4:30 PM | Cross Mix | Tyler

6 PM | Cycle + Yoga | Erin

SATURDAY MAY 23rd

CLUB HOURS: 8 AM - 4 PM

8:15 AM | Vinyasa Flow | Erin

8:30 AM | Bootcamp Mix | Andre

9:15 AM | Studio Cycle Mix | Erin

9:30 AM | Barre Mix | Stella

9:45 AM | X Train | Andre

10 AM | Cross Mix | Johnny

10:30 AM | Foam Roll Release | Stella

10:30 AM | TRX® Bodyweight Burn | Johnny

11 AM | Zumba® | Krystle

11:30 AM | Build | Johnny

3 PM | Cardio Kickbox | Paul

SUNDAY MAY 24th

CLUB HOURS: 8 AM - 4 PM

10 AM | Studio Cycle Mix | Vanessa

10:15 AM | Pro Box | Heather

11 AM | Total Body Conditioning | Vanessa

12 PM | Athletic Conditioning | Tyler

MONDAY MAY 25th

CLUB HOURS: 8 AM - 4 PM

9 AM | X Train | Wendy

10 AM | Studio Cycle Mix | Erin

12:30 PM | Cross Mix | Sam

1 PM | Vinyasa Flow | Ronn