

# 4th of July Weekend Club Hours & Schedule

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## SATURDAY JULY 1st

CLUB HOURS: 8 AM - 4 PM

9 AM | Pull | Kyoko

9:30 AM | Barre Mix | Stella

9:30 AM | Basic Reformer (\$) | Muna

10 AM | Aerial Silk 101 | Kyoko

10:30 AM | TRX® Bodyweight Burn | Melissa

11AM | Reformer (\$) | Stella

11:30 AM | Build | Hans

12 PM | Power Yoga | Cecily

## SUNDAY JULY 2nd

CLUB HOURS: 8 AM - 4 PM

9 AM | Vinyasa Flow | Caitlin

10 AM | Express Cycle | Melissa

11 AM | HIIT | Melissa

12:30 PM | Open Climb | Ryan

## MONDAY JULY 3rd

CLUB HOURS: 8 AM - 4 PM

9 AM | Strength + Conditioning | Hans

10 AM | Studio Road Ride | Jet

11 AM | Power Yoga | Ronn

12:15 PM | Cross Mix | Nate

## TUESDAY JULY 4th

CLUB HOURS: 8 AM - 4 PM

9:15 AM | Bootcamp Mix | Cecily

10:15 AM | Express Cycle | Cecily

11 AM | Vinyasa Flow | Howard



**STUDIOMIX**