

EFFECTIVE September 1st



BASE

DRIVE

SPRINT

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00am	Afton	Cristina	Stephanie	Cristina	Daisy		
6:15am		Afton		Jennifer			
8:30am						*WARRIOR 90 see details below**	
9:00am	Sophia	Jennifer	Melody	Jennifer	Jennifer	Rotating Coaches	
10:30am							Scotty
5:30pm	Curtis	Hope	Daisy	Daisy			

Warrior 90* - Last Saturday of every month.

Our Warrior 90 class adds in the challenge of an additional 30 minutes to class, for a total of 90 minutes of strength and endurance for total body conditioning. The key to this class is to pace yourself and be conscious of our heart rate zone cues for maximum results. During a Warrior 90, you'll experience cardio, resistance, core, balance, and flexibility training necessary for overall fitness. Note: there will only be one class for Warrior 90, which will begin at 8:30am

**Please log on to our Club Ready App for reservations and most up to date schedule.

BE ON TIME! After our 5 minutes grace period is up, you will NOT be allowed into the studio.