



Adult Memberships in Sports Performance

Sand HIIT | Strength | Injury Prevention

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 6AM	STRENGTH 6AM	STRENGTH 6AM	STRENGTH 6AM	STRENGTH 6AM	STRENGTH 8AM
UPPER BODY 7AM	CORE & SPINE 7AM	LOWER BODY 7AM	CORE & SPINE 7AM	UPPER BODY 7AM	STRENGTH 9AM
CORE & SPINE 7:30AM	UPPER BODY 7:30AM	UPPER BODY 7:30AM	UPPER BODY 7:30AM	CORE & SPINE 7:30AM	UPPER BODY 10AM
STRENGTH 8AM	L BODY 8AM STRENGTH 8AM	STRENGTH 8AM	L BODY 8AM STRENGTH 8AM	STRENGTH 8AM	LOWER BODY 10:30AM
STRENGTH 9AM	STRENGTH 9AM	STRENGTH 9AM C & S 9AM	STRENGTH 9AM	STRENGTH 9AM L BODY 9AM	CORE & SPINE 11AM
SAND HIIT 9:30AM				SAND HIIT 9:30AM	STRENGTH 12PM
CORE & SPINE 11:30AM	LOWER BODY 11:30AM	UPPER BODY 11:30AM	CORE & SPINE 11:30AM	LOWER BODY 11:30AM	
STRENGTH 12PM	STRENGTH 12PM	STRENGTH 12PM	STRENGTH 12PM	STRENGTH 12PM	
STRENGTH 4PM		STRENGTH 4PM			
STRENGTH 6PM	STRENGTH 6PM	STRENGTH 6PM	STRENGTH 6PM	STRENGTH 6PM	CORE & SPINE 8:30AM
LOWER BODY 7PM	UPPER BODY 7PM	CORE & SPINE 7PM	LOWER BODY 7PM	CORE & SPINE 7PM	STRENGTH 9AM
CORE & SPINE 7:30PM	CORE & SPINE 7:30PM	LOWER BODY 7:30PM	CORE & SPINE 7:30PM	UPPER BODY 7:30PM	LOWER BODY 10AM
STRENGTH 8PM	STRENGTH 8PM	STRENGTH 8PM	STRENGTH 8PM	STRENGTH 8PM	UPPER BODY 10:30AM
					STRENGTH 11PM
					CORE & SPINE 12PM

LEGEND

1-HOUR CLASS

30-MIN CLASS

SPORTS PERFORMANCE

STUDIO

SAND PIT



Adult Membership in the Studio

MRT | Functional Stability | Cycle | Yoga | HIIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MRT 6AM	MRT 6AM	MRT 5AM	MRT 6AM	MRT 6AM	MRT 7AM	MRT 9AM
CYCLE 8AM	RECOVERY YOGA 7AM	MRT 6AM	RECOVERY YOGA 7AM	STUDIO HIIT 8AM	MRT 8AM	RECOVERY YOGA 10AM
STABILITY 9:30AM	STUDIO HIIT 8:30AM		KICKBOX 8:30AM	RECOVERY YOGA 9AM	RECOVERY YOGA 9AM	CYCLE 11AM
RECOVERY YOGA 10:30AM	KICKBOX 9:30AM HIIT 9:30AM	STABILITY 9:30AM HIIT 9:30AM	MRT 9:30AM HIIT 9:30AM	HIIT 9:30AM	HIIT 9AM	RECOVERY YOGA 12PM
KICKBOX 12PM HIIT 12PM	MRT 12PM	HIIT 12PM	MRT 12PM	KICKBOX 12PM	RECOVERY YOGA 1PM	MRT 4PM
HIIT 2:30PM				HIIT 1PM		
				RECOVERY YOGA 1PM		
HIIT 5PM	HIIT 5PM	HIIT 5PM	HIIT 5PM	HIIT 5PM		
HIIT 6PM CYCLE 6:15	KICKBOX 6PM	MRT 6PM CYCLE 6PM	MRT 6PM	HIIT 6PM CYCLE 6:15		
POWER YOGA 7PM	RECOVERY YOGA 7PM	YIN YOGA 7PM	POWER YOGA 7PM	RECOVERY YOGA 7PM		

LEGEND

1-HOUR CLASS

30-MIN CLASS

SPORTS PERFORMANCE

STUDIO

SAND PIT