




# GROUP FITNESS **schedule**

**BEGINS  
JUNE 3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30 am <b>A</b> Titan FIT	6:00 - 7:00 am <b>S</b> Athletic Reboot \$	5:30 - 6:30 am <b>A</b> Titan FIT	6:00 - 7:00 am <b>S</b> Athletic Reboot \$	5:30 - 6:30 am <b>A</b> Titan FIT	8:30 - 9:30 am <b>A</b> Titan RIDE	2:30 - 3:30 pm <b>A</b> SHiNE
6:00 - 7:00 am <b>S</b> Athletic Reboot \$	8:00 - 9:00 am <b>A</b> Titan RIDE	6:00 - 7:00 am <b>S</b> Athletic Reboot \$	8:00 - 8:45 am <b>A</b> Titan RIDE	6:00 - 7:00 am <b>S</b> Athletic Reboot \$	9:30 - 10:30 am <b>A</b> Pound	
9:00 - 10:00 am <b>B</b> Titan FIT	9:00 - 10:00 am <b>B</b> Strength	9:00 - 10:00 am <b>B</b> Titan FIT	9:00 - 10:00 am <b>B</b> Strength	9:00 - 10:00 am <b>B</b> Titan FIT	9:00 - 10:00 am <b>B</b> Titan FIT	
10:00 - 11:00 am <b>A</b> Deep Stretch Yoga	10:00 - 11:00 am <b>A</b> Deep Stretch Yoga	5:30 - 6:30 pm <b>S</b> Athletic Reboot \$	10:00 - 11:00 am <b>A</b> Deep Stretch Yoga	9:00 - 10:00 am <b>A</b> SHiNE		
5:30 - 6:30 pm <b>B</b> Titan FIT	5:30 - 6:30 pm <b>S</b> Athletic Reboot \$	5:30 - 6:30 pm <b>A</b> Pound	5:30 - 6:30 pm <b>B</b> Strength	10:00 - 11:00 am <b>A</b> Deep Stretch Yoga		
5:30 - 6:30 pm <b>S</b> Athletic Reboot \$	5:30 - 6:30 pm <b>A</b> SHiNE	5:30 - 6:30 pm <b>B</b> Titan FIT	5:30 - 6:30 pm <b>A</b> Deep Stretch Yoga	5:30 - 6:30 pm <b>S</b> Athletic Reboot \$		
5:30 - 6:30 pm <b>A</b> Pound	5:30 - 6:30 pm <b>B</b> Strength	6:30 - 7:30 pm <b>B</b> Titan FIT	5:30 - 6:30 pm <b>S</b> Athletic Reboot \$			
6:30 - 7:30 pm <b>B</b> Titan FIT	6:30 - 7:30 pm <b>A</b> Titan Ride	6:30 - 7:30 pm <b>A</b> Deep Stretch Yoga	6:30 - 7:30 pm <b>A</b> Titan Ride			
	6:30 - 7:30 pm <b>B</b> Strength		6:30 - 7:30 pm <b>B</b> Strength			

**Classes are INCLUDED unless marked \$**

**KEY**  
A - Studio Room A  
B - Studio Room B  
S - Sports Armory

Access this schedule on MemberMe+ App  OR check online

Stay Up-to-date on Fitness class changes by downloading the MemberMe+ App and Text Alert thru Rained Out-HEALTHCLUB