



Fall 2019

GROUP FITNESS **schedule**


MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

5:30 - 6:30 am B Titan FIT	5:30 - 6:30 am A Titan RIDE	5:30 - 6:30 am B Titan FIT	6:00 - 7:00 am S \$ Athletic Reboot	5:30 - 6:30 am B Titan FIT	8:30 - 9:30 am A Titan RIDE	2:30 - 3:30 pm A SHiNE
6:00 - 7:00 am S \$ Athletic Reboot	6:00 - 7:00 am S \$ Athletic Reboot	6:00 - 7:00 am S \$ Athletic Reboot	8:15 - 9:00 am A Titan RIDE	6:00 - 7:00 am S \$ Athletic Reboot	9:30 - 10:30 am A Pound	
9:00 - 10:00 am B Titan FIT	8:15 - 9:00 am A Titan RIDE	9:00 - 10:00 am B Titan FIT	9:00 - 10:00 am B Strength	9:00 - 10:00 am B Titan FIT		
6:30 - 7:30 pm B Titan FIT	9:00 - 10:00 am B Strength	9:00 - 10:00 am A SHiNE	4:30 - 5:30 pm A Deep Stretch Yoga	9:00 - 10:00 am A SHiNE		
5:30 - 6:30 pm B Titan FIT	4:30 - 5:30 pm A Deep Stretch Yoga	5:30 - 6:30 pm A Pound	5:30 - 6:30 pm S \$ Athletic Reboot	10:00 - 11:00 am A Deep Stretch Yoga		
5:30 - 6:30 pm S \$ Athletic Reboot	5:30 - 6:30 pm A SHiNE	5:30 - 6:30 pm S \$ Athletic Reboot	5:30 - 6:30 pm B Strength	5:30 - 6:30 pm S \$ Athletic Reboot		
5:30 - 6:30 pm A Pound	5:30 - 6:30 pm S \$ Athletic Reboot	5:30 - 6:30 pm B Titan FIT	6:30 - 7:30 pm B Strength			
	5:30 - 6:30 pm B Strength	6:30 - 7:30 pm B Titan FIT	6:30 - 7:30 pm A Titan Ride			
	6:30 - 7:30 pm A Strength		7:30 - 8:30 pm A Deep Stretch Yoga			
	7:30 - 8:30 pm A Deep Stretch Yoga					

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 

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