

MON

TUE

WED

THU

FRI

**HIIT MIX
5:30AM**

**TITAN RIDE
8:15AM**

**HIIT MIX
5:30AM**

**TITAN STRENGTH
9:00AM**

**HIIT MIX
5:30AM**

**TITAN FIT MIX
9:00AM**

**TITAN STRENGTH
9:00AM**

**BARRE MOTION
9:00AM**

**TITAN RIDE
5:30PM**

**SHINE DANCE
9:00AM**

**POUND
5:30PM**

**SHINE DANCE
5:30PM**

**POUND
5:30PM**

**TITAN STRENGTH
6:30PM**

**TITAN FIT MIX
9:00AM**

**HIIT MIX
5:30PM**

**TITAN STRENGTH
5:30PM**

**HIIT MIX
6:30PM**

**SHINE DANCE
6:30PM**

**SHINE DANCE 101
6:30PM**

**TITAN STRENGTH
6:30PM**

SAT

SUN

**TITAN RIDE
8:30AM**

**TITAN RIDE
12:00 PM**

**POUND
9:30AM**

**BARRE
1:30PM**

**SHINE DANCE
2:30PM**

CLASS TIMES
GROUP FITNESS

