

STUDIO 3 RENOVATION CLASS RELOCATION SCHEDULE

Check out the calendar below to see where your favorite classes will be held during the Studio 3 renovation!

MONDAY	
Strength Conditioning 6:30am	Location: Studio 2 Instructor: Leslie
Strength/Cardio/Core 7:00am	Location: Studio 1 Instructor: Lisa
Cardio Strength Lite 10:30am	Location: Studio 2 Instructor: Lisa
Box n Burn 5:30pm	Location: Gym Instructor: Craig
TUESDAY	
Box n Burn 5:30am	Location: Gym Instructor: Dawn
WEDNESDAY	
Circuits 5:30pm	Location: Studio 1 Instructor: Jen
THURSDAY	
Box n Burn 6:30am & 9:30 am	Location: Gym Instructor: Anne
FRIDAY	
Box n Burn 5:30am	Location: Gym Instructor: Dawn
Circuits 7:30am	Location: Studio 2 Instructor: Anne
SATURDAY	
Box n Burn 8:30am	Location: Gym Instructor: Rotation