



FALL SCHEDULE

MONDAY

5:30-6:30am	Zone60 Syed	
6:45-7:45am	Zone60 Syed	NEW CLASS
8:00-8:30am	Strength30 Constance	
8:45-9:15am	Strength30 Constance	
9:30-10:30am	Zone60 Syed	
12:30-1:00pm	Strength30 Michael	
4:30-5:15pm	Fusion45 Michael	NEW CLASS
5:30-6pm	Strength30 Michael	NEW CLASS TIME

WEDNESDAY

5:30-6:30am	Zone60 Anne	
6:45-7:45am	Zone60 Anne	
8:30-9:15am	TRX45 Anne	
9:30-10:15am	Strength45 Leslie	
11:30-12:15pm	TRX45 Julie	
12:30-1:00pm	Strength30 Michael	
4:30-5:15pm	Fusion45 Syed	NEW CLASS
5:30-6pm	Strength30 Syed	NEW CLASS TIME

FRIDAY

5:30-6:30am	Zone60 Anne	
6:45-7:45am	Zone60 Constance	
8:00-8:45am	Strength45 Constance	
9:00-9:45am	Strength45 Michael	
12:30-1:00pm	Strength30 Michael	NEW CLASS

TUESDAY

5:30-6:30am	Zone60 Leslie	
6:45-7:45am	Zone60 Leslie	
8:00-8:45am	Fusion45 Syed	NEW CLASS
9:00-9:45am	Fusion45 Syed	
12:30-1:00pm	Strength30 Upper Body Michael	
6:00-6:45pm	Fusion45 Syed	

THURSDAY

5:30-6:15am	Strength45 Leslie	
6:30-7:15am	Strength45 Leslie	
8:00-8:45am	Fusion45 Syed	
9:15-10:00am	TRX45 Julie	NEW CLASS
12:30-1:00pm	Strength30 Lower Body Michael	
6:00-6:45pm	Fusion45 Syed	NEW CLASS

SATURDAY

6:30-7:30am	Zone60 Rotating Instructors	
7:45-8:45am	Zone60 Rotating Instructors	NEW CLASS TIME
9:00-10:00am	Zone60 Rotating Instructors	NEW CLASS

CARDIO & STRENGTH

STRENGTH

TRX

Schedule Effective 10.2.25
Updated 10.1.25