



WINTER SCHEDULE

MONDAY

5:30-6:30am	Zone60 Syed
6:45-7:45am	Zone60 Syed
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
5:30-6pm	Strength30 Michael

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
5:30-6pm	Strength30 Syed

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

TUESDAY

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

SATURDAY

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

CARDIO & STRENGTH

TRX

STRENGTH

Schedule Effective 12.1.25
Updated 12.3.25