

# PRO SEATTLE GROUP FITNESS SCHEDULE

## MONDAY

7:00am | Studio 501

**TRX® Total Body**

12:00pm | Studio 501

**IGNITE**

6:00pm | Studio 501

**Ski Conditioning**

## TUESDAY

7:00am | Studio Mixx

**PRO Barre**

12:00pm | Studio Mixx

**R/DE 45 Cycling**

6:00pm | Studio 501

**IGNITE**

7:00pm | Studio 501

**SPORTS STRETCH & MEDITATION**

## WEDNESDAY

7:00am | Studio 501

**Triple Threat Circuit**

12:00pm | Studio Mixx

**Core & Restore**

6:00pm | Studio 501

**Ski Conditioning**



Reserve on  
Connect

## THURSDAY

7:00am | Studio Mixx

**PRO Barre**

12:00pm | Studio Mixx

**R/DE 45 Cycling**

6:00pm | Studio 501

**IGNITE**

7:00pm | Studio 501

**SPORTS STRETCH & MEDITATION**

## FRIDAY

7:00am | Studio 501

**IGNITE**

8:00am | Studio 501

**Foam Rolling**

## SATURDAY

8:30am | Studio Mixx

**Power R/DE**

8:30am | Studio 501

**IGNITE**

9:45am | Studio 501

**IGNITE**

## SUNDAY

9:30am | Studio Mixx

**Gentle Flow Yoga**

10:30am | Studio Mixx

**Restorative Yoga**