

GROUP CLASS SCHEDULE

All classes in STUDIO 1

Classes every Tuesday, Thursday, Saturday and Sunday

TUESDAY'S

6:30 PM

The Control Room with Leo

THURSDAY'S

5:00 PM

Posture, Mobility & Stability with Melissa

6:00 PM

The Control Room with Leo

7:00 PM

Active Recovery Flow with Colin

SATURDAY'S

9:00 AM

Yoga Power Flow + Beats with Colin

9:00 AM

CF Run Club 5k Saturdays with Mya

10:00 AM

The Stretch Class You Need with Mya

SUNDAY'S

11:00 AM

Sunday Circuits with Isaac

Sign up in the Custom Fit Gym App! **FREE** for all training clients and gym members.