

GROUP CLASS SCHEDULE

All classes in STUDIO 2

Classes every **Tuesday, Thursday, Saturday and Sunday**

TUESDAYS

5:30 PM

HYROX Conditioning with Mya

THURSDAYS

12:00 PM

Jiu-Jitsu Basics & Conditioning with Johnny

5:00 PM

Posture, Mobility & Stability with Melissa

6:00 PM

Weightlifting for Women with Jen

7:00 PM

Active Recovery Flow with Colin

SATURDAYS

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

SUNDAYS

11:00 AM

Sunday Circuits with Isaac

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