

# 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

**CF Run Club 5k Saturdays with Mya**

10:00 AM

**The Stretch Class You Need with Mya**

## SUNDAYS

10:00 AM

**Power Yoga Flow + Beats with Colin**

11:00 AM

**Sunday Circuits with Isaac**

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