

GROUP CLASS SCHEDULE

All classes in STUDIO 2

Classes every Tuesday, Thursday, Saturday and Sunday

TUESDAYS

5:30 PM

HYROX Conditioning with Donovan

THURSDAYS

6:00 PM

Weightlifting for Women with Jen

7:00 PM

Active Recovery Flow with Colin

SATURDAYS

8:00 AM

The Stretch Class You Need with Colin

9:00 AM

***RUN CLUB* with Elijah**

SUNDAYS

11:00 AM

Sunday Circuits with Elijah

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