

# 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

9:00 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.