CUSTOMFIT

GROUP CLASS SCHEDULE

ALL CLASSES IN STUDIO 2

Classes every Tuesday, Thursday, Saturday and Sunday

TUESDAYS

5:30 PM — **HYROX Conditioning**
with Donnovan

THURSDAYS

6:00 PM — **Weightlifting for Women**
with Jen

SATURDAYS

9:00 AM — **Run Club**
with Elijah

9:00 AM — **The Stretch Class You Need**
with Colin

SUNDAYS

11:00 AM — **Sunday Circuits**
with Elijah

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

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