


						Effective Sept 2025	
 SCHEDULE EFFECTIVE AUGUST, 2025					BASE	DRIVE	SPRINT
	MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 am	Jen	Jen	Jen	Noel	April		
6:15 am	Noel	Jen	Jen	Noel	April		
8:00 am	Jen		Jen		Melody	Warrior 90 (8:30) Last Saturday of month	
9:00 am	Jen	Jen	Melody	Jen	Melody	Noel	
10:30 am							
2:00 pm							Ariel
4:30 pm	Noel	Scotty	Noel	Ariel	Trentan		
5:30 pm	Kelly	Scotty	Noel	Scotty			

Warrior 90*

Our Warrior 90 Class adds in the challenge of an additional 30 minutes to class., for a total of 90 minutes of strength and endurance for total body conditioning. The key to this class is to pace yourself and be conscious of our heart rate zone cues for maximum results. During a Warrior 90, you'll experience cardio, resistance, core, balance, and flexibility training necessary for overall fitness. Note: there will only be one class for Warrior 90, which will begin at 8:30 am.

***Please logon to our Club Ready App for reservations and most up to date schedule.*

BE ON TIME! After our 5-minute grace period is up, you will NOT be allowed into the studio.