

Effective January 2026



SCHEDULE EFFECTIVE November 2025

BASE

DRIVE

SPRINT

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 am	Noel	Jen	Noel	Cristina	April		
6:15 am	Noel	Jen	Noel	April	April		
						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	Scotty	Scotty	Noel	Kelly			

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.