

Effective March 2026



BASE

DRIVE

SPRINT

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:00 am	Noel	Stacee	Rotating	April	April		
6:15 am	Noel	Stacee	Rotating	April	April		
						Warrior 90 (8:30) Last Saturday of month	
9:00 am	Stephanie	Stephanie	Melody	Melody	Melody	Rotating	
10:30 am							
2:00 pm							Ariel
4:30 pm	Noel	Ariel	Kelly	Ariel	Kelly		
5:30 pm	Scotty	Ariel	Ariel	Ariel			

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.