



Last Updated 10/2/17

Class SCHEDULE

MON TUES WED THURS FRI



MON	TUES	WED	THURS	FRI
	P90X 5:00am		P90X 5:00am	
	Spin 8:30am		Spin 8:30am	
	P90X 9:45am			
Kettlebell Circuit 12pm		Strength Circuit 12pm		Fat Burn Circuit 12pm
	TRX 4:30pm		TRX 4:30pm	
	Yoga 6:00pm	PiYo 6:00pm	AntiGravity 5:30pm	
Spin 6:30pm		12&Up Spin 6:30pm	Yoga Series 6:30pm	
	Insanity 7:00pm	Insanity 7:00pm		

* Children must be accompanied by parent.

Class HIGHLIGHT

P90X Cynn timer

P90X® is a complete fitness system designed to get you in the best shape of your life. Workouts use resistance and body-weight training, cardio, plyometrics, ab work, martial arts and yoga. Challenge yourself, join the fun!