

FALL 2023 SCHEDULE



MONDAY

F45

6:15-7:00AM

F45

7:30-8:15AM

F45

12:15-1:00PM
POWER YOGA

12:15-1:00PM
F45

4:15-5:00PM

F45

5:30-6:15PM

CYCLE

5:30-6:15PM

BARRE

6:15-7:00PM

F45

6:45-7:30PM
**RESTORATIVE
YOGA**

7:15-8:00PM

F45

8:00-8:45PM

TUESDAY

F45

6:15-7:00AM

CYCLE

7:00-7:45AM

PILATES

7:30-8:15AM

F45

12:15-1:00PM
HIP HOP

CARDIO

4:00-4:45PM

F45

4:15-5:00PM

F45

5:30-6:15PM

CYCLE

5:30-6:15PM

CYCLE

6:30-7:15PM

F45

6:45-7:30PM

F45

8:00-8:45PM

WEDNESDAY

F45

6:15-7:00AM

F45

7:30-8:15AM

F45

12:15-1:00PM
POWER YOGA

12:15-1:00PM
CYCLE

12:15-1:00PM

F45

4:15-5:00PM

CYCLE

5:30-6:15PM

F45

5:30-6:15PM

BARRE

6:15-7:00PM
**RESTORATIVE
YOGA**

7:15-8:00PM

F45

8:00-8:45PM

THURSDAY

F45

6:15-7:00AM

CYCLE

7:00-7:45AM

PILATES

7:15-8:00AM

F45

7:30-8:15AM

F45

12:15-

1:00PM

CYCLE

12:15-

1:00PM

HIP HOP

CARDIO

4:00-4:45PM

F45

4:15-5:00PM

F45

5:30-6:15PM

CYCLE

6:30-7:15PM

F45

6:45-7:30PM

F45

8:00-8:45PM

FRIDAY

F45

6:15-7:00AM

F45

7:30-8:15AM

CYCLE

12:15-1:00PM

F45

12:15-1:00PM

F45

4:15-5:00PM

SUNDAY

F45

5:30-6:15PM

BARRE

6:15PM-

7:00PM

CYCLE

6:30-7:15PM

BUY
YOUR

**FITPASS
TODAY!**

