

Group Fitness Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 am Monday Madness	5:30 am Fight Club	5:30 am Ride or Die	5:30 am Kettlebell TRX Mash-up	5:30 am Total Body Beatdown	9 am WARRIOR Flex & Flow <hr/> WARRIOR Fight & Flow *	
9:00 am Monday Madness	9:00 am Fight Club Sculpt	9:00 am Inferno	9:00 am Kettlebell TRX Mash-up	9:00 am Total Body Beatdown		
5:30 PM Monday Madness	5:30 PM Fight Club* <hr/> WARRIOR Combat	5:30 PM * Ride or Die	5: 30 PM Killer Kardio			