

CLASS SCHEDULE

	MORNING	EVENING
MONDAY	6AM	5:45PM
TUESDAY	6AM	5:45PM
WEDNESDAY	6AM	5:45PM
THURSDAY	6AM	5:45PM
FRIDAY		
SATURDAY	8AM	

We offer targeted tough classes that cater to all fitness levels.

We will challenge you!

Types of Training:

Functional Fitness - Boot camp style class incorporating functional movements and an introduction to weights.

Functional Bodybuilding - Increase strength, correct imbalances and improve quality of movement.

Strength & Conditioning - Weights meets Cardio with an upper or lower body focus + core.

Full Body - A little bit of everything for everybody! HIIT, cardio, weights and more for a full body workout to finish off the week.