

# CLASS SCHEDULE 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15am	Heavy & Fast	Strength	HIIT	Strength	Tabata
6:15am	Heavy & Fast	Strength	HIIT	Strength	Tabata
9:15am	Heavy & Fast	Strength	HIIT	Strength	Tabata
4:15pm	Heavy & Fast	Strength	HIIT	Strength	
5:15pm	Heavy & Fast	Strength	HIIT	Strength	
6:15pm	Heavy & Fast	Strength	HIIT	Strength	

# WEEKEND & SPECIALTY CLASS SCHEDULE



## 2025

TIME	SATURDAY	SUNDAY
6:00am	Enduro	Challenge
6:30am	HIIT Circuit	Season
7:15am	Strength	Location
8:00am	HIIT Circuit	Sessions
8:45am	Strength	

**Specialty Class (subject to change & seasonal)**

Tuesday	5:45pm	Boxing
Thursday	6:30pm	Run Club