

Group X1 Schedule

Winter 2024



Club Hours
Monday-Friday 5:00am-9:00pm
Saturday 8:00am-5:00pm
Sunday 12:00pm-6:00pm

Nursery Hours
Monday-Friday 9:00am-1:00pm
Monday-Friday 4:00pm-8:00pm
Saturday 8:00am-1:00pm

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| Circuit Training 9:00 a.m. | Fit Forever 9:00 a.m. | Body Rock 9:00 a.m. | Fit Forever 9:00 a.m. | Strength Training 9:00 a.m. | Fitness Fusion 9:00 a.m. |
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| Pilates Core Plus 10:00 AM | Cardio Strength 10:00 a.m. | Yoga 10:00 a.m. | Pilates Strength 10:00 a.m. | Yoga Stretch 10:00 a.m. |
| Zumba 11:00 a.m. | Zumba 11:00 a.m. | Zumba 11:00 a.m. | Zumba 11:00 a.m. | Zumba 11:00a.m. |

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| Strength Training 6:00 p.m. | Zumba 6:00 p.m. | Turn Up |
| | | 6:00pm |

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| Turn Up |
| 7:00 p.m. |

Effective Dec 2, 2024

