

GROUP X

CLASS SCHEDULE

SPRING 2024



CROSS TRAINING

Location: Functional Fitness Room

Date: Mondays, Wednesdays, and Fridays

Time: 8:30-9:30am



POWER HOUR

Location: Functional Fitness Room

Date: Mondays, Tuesdays, Wednesdays
and Thursdays

Time: 12:30-1:30pm



SUMMER BURNER

Location: Group X Room

Date: Mondays and Tuesdays

Time: 4:30-5:00pm



PETITE & PHYSIQUE

Location: Group X Room

Date: Wednesdays from 4:30-5:20pm

Date: Monday from 5:10-6:00pm



ZUMBA

Location: Group X Room

Date: Group X Room

Time: 5:15-6:15pm



MIGHTIFY

Location: Functional Fitness Room

Date: Wednesdays and Thursday

Time: 5:30-6:30pm