

MON **TUE** **WED** **THU** **FRI** **SAT** **SUN**

5:30 AM
Tabata Cycling

6:00 AM
TRX & Cross Training

6:30 AM
TKO Knockout
Cycling

7:15 AM
Cage Fitness

7:30 AM
Viscious Cycling

8:15 AM
XCO Latin & Steps

9:15 AM
Ride or Die Cycling

9:15 AM
Booty Barre

10:15 AM
Reformed

5:30 PM
Viscious Cycling

5:30 PM
Gravity

6:30 PM
Rhythm Ride Cycling

6:30 PM
Purgatory

7:30 PM
Combat Insanity

7:30 PM
TKO Knockout
Cycling

5:30 AM
Ride or Die Cycling

6:00 AM
XCO Athletics

6:30 AM
Viscious Cycling

7:15 AM
TRX4Yoga

8:30 AM
XCO Latin Workout

8:30 AM
Tabata Cycling

9:30 AM
Strike It!

5:30 PM
Flexibar

5:30 PM
Rhythm Ride Cycling

6:30 PM
XCO Latin Workout

6:30 PM
Tabata Cycling

7:30 PM
Ride or Die Cycling

7:30 PM
RIPPED Abs

5:30 AM
Rhythm Ride Cycling

6:00 AM
Cage Fitness

6:30 AM
TKO Knockout
Cycling

7:15 AM
Metcon 9 X3

7:30 AM
Fortious Running &
Conditioning

8:15 AM
Tabata Cycling

9:15 AM
Zumba Fitness

9:15 AM
Ride or Die Cycling

10:15 AM
ASSET Management

5:30 PM
XCO Athletics

5:30 PM
Tabata Cycling

6:30 PM
Purgatory

6:30 PM
Ride or Die Cycling

7:30 PM
Zumba Fitness

7:30 PM
TKO Knockout
Cycling

8:30 PM
TRX4Yoga

5:30 AM
Viscious Cycling

6:00 AM
XCO Latin Workout

7:15 AM
Dharma Hatha-Raja
Yoga

8:30 AM
Tabata Cycling

8:30 AM
XCO Athletics

9:30 AM
Cage Fitness

10:30 AM
Mat Pilates

5:30 PM
Rhythm Ride Cycling

5:30 PM
Kettlebell Jam

6:30 PM
Viscious Cycling

6:30 PM
XCO Latin Workout

7:30 PM
Cage Fitness

7:30 PM
Tabata Cycling

5:30 AM
TKO Knockout
Cycling

6:00 AM
RIPPED Abs

7:15 AM
Restorative & Recovery
Yoga

7:30 AM
Fortious Running &
Conditioning

7:30 AM
Viscious Cycling

8:15 AM
XCO Latin & Flexibar

9:15 AM
Kettlebell Jam

9:15 AM
Ride or Die Cycling

10:15 AM
Booty Barre

6:00 PM
Ride or Die Cycling

6:00 PM
Metcon 9 X3

7:30 AM
Viscious Cycling

8:00 AM
Metcon 9 X3

9:00 AM
XCO Latin Workout

9:30 AM
Tabata Cycling

10:00 AM
Zumba Fitness

10:30 AM
Ride or Die Cycling

11:00 AM
Vinyasa Yoga

12:00 PM
BootyBarre

8:30 AM
XCO Latin & Flexibar

10:00 AM
Vinyasa Yoga

10:00 AM
TKO Knockout
Cycling

11:00 AM
Ride or Die Cycling

11:00 AM
TRX & Cross Training

Committed to inspire excellence and create an everlasting FITNESS JOURNEY. We provide a FITNESS HAVEN that encompasses innovation, community, and a member experience that surpasses every expectation.

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