

MONDAY



PILATES/
BARRE
WITH JULIA

12:15PM

-

1:00PM

TUESDAY



H.I.T.T. &
CYCLE WITH
CRISS

12:15PM

-

12:45PM

WEDNESDAY



BARRE
WITH
LESLEY

12:15PM

-

1:00PM

THURSDAY



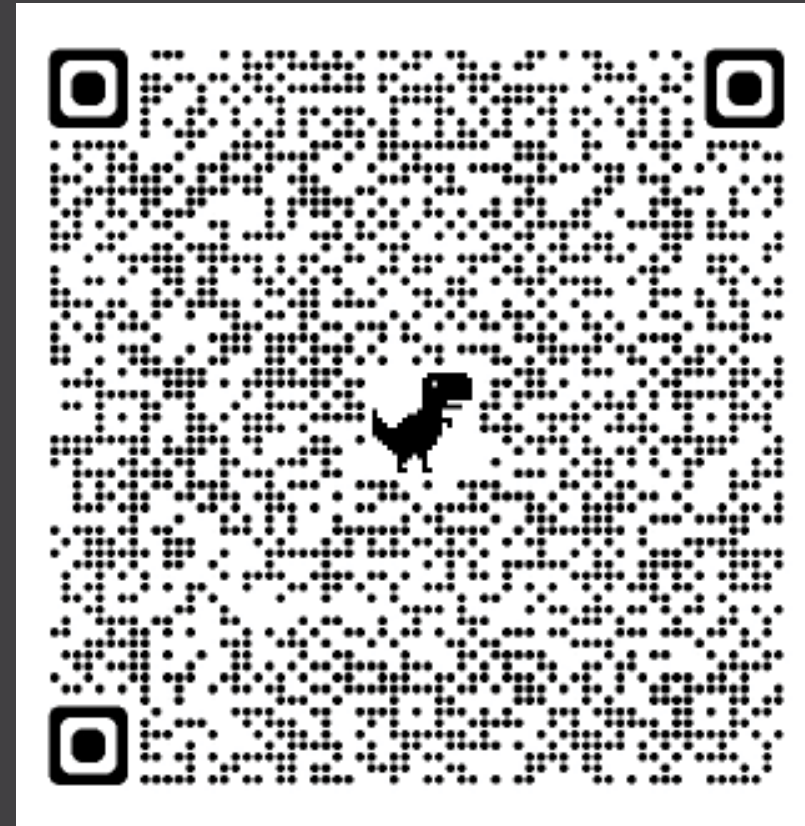
LIFT
WITH
CARLEY

12:15PM

-

12:45PM

Reserve your
spot via
MindBody.



*Classes and instructors are subject to change with notice.