

FALL SCHEDULE

Monday

6:00am Cycle Express*
12:15pm Just Ride Express*
5:30pm Circuit Express
6:00pm Just Ride*
7:00pm Yoga Fundamentals

Tuesday

6:00am Sunrise Yoga*
9:00am Strength Express*
9:35am Slow Flow*
5:15pm Reps & Rhythm Express*
6:00pm Cycle Curls & Core*
7:00pm Yoga Flow*

Wednesday

6:15am Strength Express*
12:15pm Cycle Express*
5:30pm Cycle for Beginners*
6:15pm Circuit Express
7:00pm Yoga for Flexibility*
8:00pm Meditation*

Thursday

6:00am Sunrise Yoga*
9:00am Yoga Flow*
6:00pm Cycle*
7:00pm Yoga Flow*

Friday

6:00am Cycle Express*
9:00am Strength*
6:00pm Slow Flow*
7:15pm Sound Bath (monthly)

Saturday

8:15am Reps & Rhythm Express*
9:00am Cycle Booty Burn*
10:00am Yoga Flow*

Sunday

9:00am Cycle*
10:00am Yoga for Flexibility*
11:00am Meditation*
7:30pm Deeply Relax Yoga*

**SCAN TO
SIGN UP**



**Indicates virtual option available
Schedule subject to change*

