

Central

Thanksgiving Mash-up

Wednesday November 21st, 2018

Morning

BOOT CAMP: 5:00-6:00am

BODYPUMP: 5:45-6:30am

~ WIM (aqua class): 9:00-9:45am ~

WERQ/SPIN: 9:00-9:30am

BODYPUMP: 9:35-10:05am

TONE: 10:10-10:40am

STRETCH AND FLOW: 10:40-11:00am

Evening

F.I.T CIRCUIT: 5:30-6:15pm

DANCE HIIT/SPIN: 6:30-7:15pm

No Classes on Thursday November 22nd! Enjoy your Thanksgiving!

Modified Black Friday Schedule November 23rd, 2018

BODYCOMBAT: 9:00-9:45am

BODYPUMP: 9:45-10:30am

(No Kids Zone Friday)

BLACK FRIDAY REIMAGINED BEGINS AT 10AM AND ENDS AT 2PM!

COME JOIN THE FUN!