



GYM CLASS SCHEDULE

Effective as of March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	POWER KB 9:30 AM	POWER KB 9:30 AM	KB & TRX 9:30 AM	POWER KB 9:30 AM	POWER KB INTRO KB 9:30 AM	POWER KB INTRO KB 9:30 AM
	BEG AERIAL SILKS 4:00 PM		MIXED LEVEL AERIAL SILKS 4:00 PM		HEAVY BAG INTRO KB 10:30 AM	FUSION TRAINING 10:30 AM
POWER KB 5:30 PM	POWER KB INTRO KB 5:30 PM	KB SKILLS & DRILLS 5:30 PM	FUSION TRAINING 5:30 PM		ROLL & RELEASE EVERY OTHER SAT 11:30 AM	BEG AERIAL SILKS 11:30 AM
POWER KB 6:30 PM	HEAVY BAG INTRO KB 6:30 PM	TRX STRENGTH & CARDIO 6:30 PM	LIGHT CONTACT COMBAT DRILLS 6:30 PM	POWER KB INTRO KB 6:30 PM	BEG AERIAL SILKS 1:00 PM	ADV BEG AERIAL SILKS 12:45 PM
	POWER KB 7:30 PM		POWER KB 7:30 PM	AERIAL TRAINING SILKS 5:00 PM	ADV BEG AERIAL SILKS 2:15 PM	PRE-INT / INT AERIAL SILKS 2:15 PM
BEG AERIAL SILKS 7:30 PM	MIXED LEVEL AERIAL SILKS 7:30 PM	AERIAL STRAPS 7:30 PM	AERIAL SILKS TRAINING 7:30 PM	AERIAL LAB 6:15PM		INTERMEDIATE AERIAL SILKS 5:00 PM