

2024 Summer FIT Schedule

May 13 - Aug 2

SUN.		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
FIT	F45	FIT CLASSES		F45	FIT CLASSES		F45	FIT CLASSES		F45	FIT CLASSES		
				F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio			F45 6:10-6:55 am F45 Studio		F45 6:10-6:55 am F45 Studio	
				F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio		F45 7:00-7:45 am F45 Studio	
		Yoga @ Museum 8:30-9:25 am Museum											
				F45 12:05-12:50 pm F45 Studio			F45 12:05-12:50 pm F45 Studio		Barre Noon-12:45 pm FIT Studio		F45 12:05-12:50 pm F45 Studio	Yoga Noon-12:50 pm FIT Studio	F45 12:05-12:50 pm F45 Studio
		Strength 12:15-1:00 pm FIT Studio			Cycling 12:15-1:00 pm Bridge		Strength 12:15-1:00 pm FIT Studio						
					Yoga 4:30-5:20 pm FIT Studio				Restorative Yoga 4:30-5:20 pm FIT Studio				
				F45 5:15-6:00 pm F45 Studio			F45 5:15-6:00 pm F45 Studio				F45 5:15-6:00 pm F45 Studio		F45 5:15-6:00 pm F45 Studio
		Kickboxing Bags 5:30-6:15 pm FIT Studio			Zumba® 5:30-6:15 pm FIT Studio				Kickboxing Bags 5:30-6:15 pm FIT Studio				

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- Class uses lighting choreographed to the music to enhance the experience. May not be suited for individuals with light sensitivity or seizure disorder.

Please check the Hydro FIT schedule for water classes.

Please note: FIT schedule is subject to change.