

2024 SPRING FIT & F45 Schedule

January 16 - May 11

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
FIT	F45	FIT CLASSES		F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT CLASSES	F45	FIT	F45
				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	Gentle Yoga 7:00-7:45 am Pool		F45 7:00-7:45 am F45 Studio			F45 7:00-7:45 am F45 Studio	Gentle Yoga 7:00-7:45 am Pool		F45 7:00-7:45 am F45 Studio	
		Yoga 8:30-9:25 am Sam Noble Museum		F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio			F45 8:00-8:45 am F45 Studio	
				F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio			F45 9:00-9:45 am F45 Studio	F45 10:10-11:10 am F45 Studio
				F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio			F45 11:00-11:45 am F45 Studio	F45 11:20-12:20 am F45 Studio
				F45 12:05-12:50 pm F45 Studio	POUND® Noon-12:45 pm FIT Studio		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
			Strength 12:15-1:00 pm FIT Studio				Strength 12:15-1:00 pm FIT Studio							
	F45 3:00-3:45 pm F45 Studio						F45 2:00-2:45 pm F45 Studio					F45 2:00-2:45 pm F45 Studio		
	F45 4:00-4:45 pm F45 Studio	Kickboxing 101 4:45-5:15 pm FIT Studio			Barre 4:30-5:15 pm FIT Studio					Restorative Yoga 4:30-5:20 pm FIT Studio				
Yoga 5:15-6:05 pm FIT Studio		Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Zumba® 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Dance Fitness 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	Kickboxing/Bags 5:30-6:15 pm FIT Studio		F45 5:30-6:15 pm F45 Studio	
		Pilates 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio			F45 6:30-7:15 pm F45 Studio	Pilates 6:30-7:15 pm FIT Studio		F45 6:30-7:15 pm F45 Studio			F45 6:30-7:15 pm F45 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.
The Annex Studio is located at Cross Village. To access, enter through the Acre Provisions store front, in Building C.

Please note: FIT and F45 schedules are subject to change.