

Tates Creek

Monday

5:30 AM Cycle 45
9:15 AM RIPD 360
11:30 AM Silver Sneakers
4:30 PM Kettlebells
5:30 PM Mat Pilates 60

Tuesday

8:15 AM Barre 45
9:00 AM TRX
9:45 AM Station 10
11:30 AM Silver Sneakers
5:45 PM Barre Sculpt 360
5:45 PM TRX
6:30 PM Cycle 45

Wednesday

9:15 AM RIPD 360
10:15 AM Core Yoga
5:45 PM Pumped Up Strength

Thursday

5:30 AM PiYo
9:15 AM Countdown
11:30 AM Silver Sneakers
12:30 PM Able & Fit
4:00 PM Barre Above
6:30 PM Cycle 45

Friday

9:15 AM Tabata
10:15 AM Barre 45

Saturday

8:30 AM Cycle 45
9:15 AM RIPD 360
10:00 AM TRX
10:30 AM Barre Sculpt 360

Sunday

3:30 PM Tabata