



West Main

Monday

12:00 PM Barre Sculpt 360

5:30 PM Hot Pilates Mix

Tuesday

12:00 PM Core Yoga

12:00 PM Proof Boxing

Wednesday

5:45 AM Cycle 45

12:00 PM Barre Sculpt 360

5:30 PM Tabata

Thursday

11:45 AM Mat Pilates 60

5:45 PM Barre Sculpt 360

Friday

12:00 PM Yoga Recovery

Saturday

9:30 AM Tabata +