

March 17 - April 27

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Bootcamp 7:30 am 45 min Studio 2-3 Finn | Vinyasa Yoga 8:00 am 60 min Studio 2-3 Nick | Bootcamp 7:30 am 45 min Studio 2-3 Finn | Vinyasa Yoga 8:00 am 60 min Studio 2-3 Nick ★ | Boxing 11:00 am 60 min RWC Studio Ricky |
| HIIT 12:30 pm 60 min Studio 2-3 Mikel | Guts and Butts 10:30 am 30 min Studio 2-3 Shelby ★ | HIIT 10:00 am 60 min Studio 2-3 Mikel | Guts and Butts 10:30 am 30 min Studio 2-3 Shelby | Restorative Yin Yoga 12:30 pm 60 min Studio 2-3 Cece |
| Power Pilates 2:00 pm 45 min Studio 2-3 Sam | Restorative Yin Yoga 12:30 pm 60 min Studio 2-3 Cece | Power Pilates 2:00 pm 45 min Studio 2-3 Sam ★ | Restorative Yin Yoga 12:30 pm 60 min Studio 2-3 Cece ★ | Muay Thai 3:00 pm 45 min Studio 2-3 Jack |
| Muay Thai 4:00 pm 45 min RWC Studio Evan | Strength Circuits 1:15 pm 45 min RWC Studio Finn | Muay Thai 4:00 pm 45 min RWC Studio Evan | Strength Circuits 3:00 pm 45 min Studio 2-3 Finn | Zumba 7:30 pm 60 min Studio 2-3 Erica |
| Muay Thai 5:00 pm 45 min Studio 2-3 Jack | Strength Circuits 3:00 pm 45 min Studio 2-3 Finn | Taekwondo 4:00 pm 45 min Studio 2-3 JaVaa | Boxing 4:00 pm 60 min Studio 2-3 Nate | Zumba 10:15 am 45 min Studio 2-3 Erica |
| Zumba 7:00 pm 60 min Studio 2-3 Erica ★ | Boxing 4:00 pm 60 min Studio 2-3 Nate | Muay Thai 5:15 pm 45 min Studio 2-3 Jack | Boxing 5:30 pm 60 min RWC Studio Ricky | Taekwondo 4:00 pm 45 min Studio 2-3 JaVaa |
| Step'n 8:30 pm 30 min Studio 2-3 Sadie | Boxing 5:30 pm 60 min RWC Studio Ricky | Hooty Hip-Hop 7:00 pm 60 min Studio 2-3 Taylor | Zumba 6:30 pm 45 min Studio 2-3 Taylor | Werk It! 7:30 pm 60 min Studio 2-3 Sadie ★ |
| | Zumba 6:30 pm 45 min Studio 2-3 Taylor ★ | | | |
| | Werk It! 7:30 pm 60 min Studio 2-3 Sadie | | | |

Saturday

Sunday

| Key | |
|-----------------|---|
| Kennesaw Campus | Virtual Class - ★ (Registration required) |
| Marietta Campus | |

Class Descriptions



Virtual Registration

