

January 13 - March 9

Monday	Tuesday	Wednesday	Thursday	Friday
Cycle Rush 7:15 am 45 min Studio 1 Ed	Vinyasa Yoga 8:00 am 60 min Studio 2-3 Nick	Cycle Rush 7:15 am 45 min Studio 1 Ed	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	Boxing 5:00 pm 60 min Studio 2-3 Nate
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 5:00 pm 60 min Studio 2-3 Nate	Zumba 7:30 pm 60 min Studio 2-3 Erica
Zumba 7:00 pm 60 min Studio 2-3 Erica ★	Boxing 5:00 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	Saturday
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	Zumba 10:15 am 45 min Studio 2-3 Erica
	Zumba 6:30 pm 45 min Studio 2-3 Taylor ★		Werk It! 8:30 pm 60 min Studio 2-3 Sadie ★	Taekwondo 4:00 pm 45 min Studio 2-3 JaVaa
	Werk It! 8:30 pm 60 min Studio 2-3 Sadie			Sunday
				Stretch and Realignment 6:00 pm 45 min Studio 2-3 Amanda

Key

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

Class Descriptions



Virtual Registration



OwlLife RSVP required for all martial arts classes.