

# Weekly Fitness Class Schedule

| Time     | Mon                | Tue              | Wed        | Thu                      | Fri        | Sat                    |
|----------|--------------------|------------------|------------|--------------------------|------------|------------------------|
| 5:30 AM  |                    |                  | Ride       |                          | Ride       |                        |
| 7:30 AM  |                    |                  |            |                          |            | Les Mills Grit         |
| 8:15 AM  |                    |                  |            | Yoga Sculpt              |            | HIIT Cycle             |
| 9:00 AM  |                    | T2: Warrior      |            |                          |            | Yoga Sculpt / BodyFlow |
| 9:30 AM  |                    |                  | Yoga       |                          |            |                        |
| 10:00 AM | T2: Fit            |                  | T2: Strong | T2: Q HIIT               | T2: Q HIIT |                        |
| 4:30 PM  | T2: Fit / BodyPump |                  | T2: Strong | T2: Q HIIT / BodyFlow    |            |                        |
| 5:30 PM  | BodyFlow           | Grit / Pilates   | BodyPump   | Grit / Pilates / Warrior | BodyPump   |                        |
| 5:45 PM  | Ride               |                  | HIIT Cycle |                          |            |                        |
| 6:00 PM  | T2: Fit            | BeatBoss Cycling | T2: Strong | T2: Q HIIT               |            |                        |

## Class Descriptions

|                           |   |
|---------------------------|---|
| <b>T2: FIT</b>            | Cardio-focused workout using treadmills, rowers, and bodyweight movements to build endurance and burn calories. |
| <b>T2: Q HIIT</b>         | High-intensity interval training combining strength and cardio for maximum calorie burn.                        |
| <b>T2: STRONG</b>         | Strength-focused training using dumbbells, kettlebells, and TRX to build lean muscle.                           |
| <b>T2: WARRIOR</b>        | Kickboxing-inspired class with battle ropes and plyometrics to build strength and agility.                      |
| <b>Les Mills BodyPump</b> | Barbell-based strength training using light to moderate weights and high reps.                                  |
| <b>Les Mills BodyFlow</b> | Yoga, Tai Chi, and Pilates-inspired class for flexibility and recovery.   |
| <b>Les Mills Grit</b>     | 30-minute high-intensity training designed to improve strength and burn fat fast.                               |
| <b>Ride</b>               | High-energy indoor cycling class focused on endurance and rhythm.   |
| <b>HIIT Cycle</b>         | Explosive bike-based interval training alternating hard efforts with recovery.                                  |
| <b>Yoga</b>               | Traditional yoga class focused on flexibility, balance, and mindfulness.  |

|                         |   |
|-------------------------|---|
| <b>Yoga Sculpt</b>      | Yoga flow blended with strength training and light weights.             |
| <b>BeatBoss Cycling</b> | Rhythm-based cycling workout combining cardio, choreography, and music. |