

MINDZ ovement

MONDAY

6AM MOBILITY
8AM MOBILITY

5PM MOVEMENT
6PM GROUP Ride Spin Class

TUESDAY

8AM BURN

4PM MOBILITY
5PM STRENGTH

WEDNESDAY

6AM MOBILITY

5PM STRENGTH
6PM GROUP RIDE SPIN CLASS

THURSDAY

8AM BURN
9AM GROUP RIDE SPIN CLASS

5PM MOBILITY

FRIDAY

6AM MOBILITY

4PM BURN
5PM CORE

SATURDAY

OPEN GYM

