

CLASS TIMETABLE

ALL LEVELS
WELCOME!

MOVE. STRENGTHEN. FEEL BETTER.



MONDAY



07:00 AM – 08:00 AM

HIIT WEIGHTS & CARDIO

JIMMY THOMAS



12:30 PM – 01:30 PM

ENGINE ROOM

ELLIE DEVITT



TUESDAY



07:00 AM – 08:00 AM

L.A.B

JIMMY THOMAS



08:00 AM – 09:00 AM

MAT PILATES
(BRING YOUR OWN MAT)

ELLIE DEVITT



12:30 PM – 01:30 PM

BUILD AND BURN

ELLIE DEVITT



WEDNESDAY



07:00 AM – 08:00 AM

STRENGTH AND POWER

JIMMY THOMAS



12:30 PM – 01:30 PM

STRENGTH & FLEX

JIA MO



THURSDAY



08:00 AM – 09:00 AM

STRONG CLUB

ELLIE DEVITT



FRIDAY NEW



09:30 AM – 10:30 AM

MAT PILATES
(BRING YOUR OWN MAT)

VICTORIA ANGEL



SATURDAY



10:30 AM – 11:30 AM

STRENGTH & FLEX

JIA MO



STRONGER YOU.
BETTER YOU.



CONSISTENCY
BUILDS RESULTS.



BRING YOUR ENERGY.
BRING YOUR MAT.

SHOW UP FOR YOURSELF. WE'LL TAKE CARE OF THE REST.