

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Six pack attack (M)	Talise Fit (M)	Hatha Yoga (M)	Ashtanga Yoga (M)	VIPR (M)	Back Fit (M)	Talise Fit (M)
9:30am	Combat Core (M)						
10:00am	VIPR (M)	Six pack attack (M)			Circuits (M)	HIIT (M)	Constant Cardio (M)
12:00 pm						Six pack attack (M)	Strength & Conditioning (M)
5:00pm	Circuits (M)	Body Lift (M)					
6:00pm			Circuits (M)	Military Bootcamp (M)	Low Tone (M)	Combat Core (M)	X-FIT (M)

(L) - Ladies Class, (M) - Mixed Class

Classes are subject to change without prior notice

Ashtanga, Energize Yoga is a 60-minutes yoga class of variety of styles.

Back Fit is a 30-minutes class which helps you to achieve a better back condition through great postural and core based exercises. It is a really good class for office workers to help strengthen your core.

Body Lift is a 45-minutes all over body weight only class.

Constant Cardio is a 45-minutes continuous cardiovascular workout to increase fitness levels.

Circuits is a 45-minutes class that combines cardio and resistance training. It consists of bodyweight, intervals and plyometrics exercises done in circuits.

Combat Core is a 30-minutes attack on the abdominals, lower back and obliques which will strengthen the external and internal core muscles.

HIIT is a 30 minutes total body, High Intensity Interval Training class designed to get the heart pumping.

Low Tone is a 45-minutes class that focuses on strengthening the lower body using light to moderate weights with lots of repetition.

Military Boot Camp is a 45-minutes army style training using body weight and weighted exercises for the ultimate workout.

Strength & Conditioning is a 45-minutse full body workout that use free wheights and bodywheight exercises to make you stronger.

Six Pack Attack is a 30-minutes intense core workout class to burn the abs, obliques and lower back.

Talise Fit is a 45-minutes signature class that challenges your whole body.

ViPR is a 45-minutes class for Vitality, Performance and Reconditioning. It bridges the gap between movement and strength.

X-FIT is a 45-minutes extreme fitness class to get the heart racing and fatigue the muscles.