

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|--|---|--|--|--|--|
| | | | | 1 | 2 | 3 | |
|  | | Gym Schedule (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: 11am-4pm *Add'l charge for X-Core | Effective April 1st, all participants will need to use the SFX app to save your spot in class! Please see the front desk if you need help setting it up! If a class is cancelled, you can attend the X-Core class around the same time! | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 8:30am X-Core Boot Camp** 9:00am Special Class 10:15am Fight Club - Andie | |
| | 4 | 5 | 6 | 7 | 8 | 9 | |
| | | 8:00am Body Chisel-Chad 9:30am Club Vibe-Ashley | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill |
| | 2:00 pm Kickboxing-Reco | T 9:30am X-Core Cross Training* 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne | T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa | 6:30pm HIIT Boxing - Andie | 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne | | 10:15am Fight Club - Andie |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| | 8:00am Body Chisel-Chad 9:30am Club Vibe-Jill | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill | |
| 2:00 pm Kickboxing-Reco | T 9:30am X-Core Cross Training* 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne | T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa | 6:30pm HIIT Boxing - Andie | 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne | | 10:15am Fight Club - Andie | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| | 8:00am Body Chisel-Chad 9:30am Club Vibe-Jill | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill | |
| 2:00 pm Kickboxing-Reco | T 9:30am X-Core Cross Training** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne | T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa | 6:30pm HIIT Boxing - Andie | 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne | | 10:15am Fight Club - Andie | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | |
| | 8:00am Body Chisel-Chad 9:30am Club Vibe-Jill | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill | 8:00am PiYo-Meredith T 9:30am X-Core Cross Training* | T 8:30am X-Core Boot Camp** 9:00am R.I.P.P.E.D.-Jill | |
| 2:00 pm Kickboxing-Reco | T 9:30am X-Core Cross Training* 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne | T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa | 6:30pm HIIT Boxing - Andie | 5:30pm PiYo/TurboKick-Meredith T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne | | 10:15am Fight Club - Andie | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |