



Effective October 2023

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Metabolic 6am Off The Board		Metabolic 6am Off The Board			
Strength 9am Julia	Metabolic 9am Alex	Strength 9am Julia	Metabolic 9am Grace	Strength 9am Julia	Metabolic 9am Alex	Meta- Strength 9am Monica
Strength 5pm Alex	Metabolic* 5pm Monica	Strength 5pm Izzy	Metabolic* 5pm Mary	Meta - Strength 5pm Mary		
Strength 7pm Off The Board		Strength 7pm Off The Board				
		*Member option to do same class at 7pm or 8pm "off-the-board" with help provided on a best-efforts basis			Studio Hours Monday-Thursday: 5am-9pm Friday: 5am – 8pm Saturday: 7am – Noon Sunday: 7am – Noon	