



Effective April 2025

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Metabolic 6am <i>Off The Board*</i>		Metabolic 6am <i>Off The Board*</i>			
Strength 9am Julia	Metabolic 9am Izzy	Strength 9am Julia	Metabolic 9am Grace	Strength 9am Julia	Metabolic 9am Roy	Meta- Strength 9am Barry
Strength 5pm Bonnie	Metabolic 5pm Bonnie	Strength 5pm Izzy	Metabolic 5pm Roy	Meta - Strength 5pm Izzy		
Strength 7pm <i>Off The Board*</i>	Metabolic 7pm <i>Off The Board*</i>	Strength 7pm <i>Off The Board*</i>	Metabolic 7pm <i>Off The Board*</i>			
		<i>*Member option to take class “off-the-board” without a dedicated instructor, help provided on a best-efforts basis</i>			Studio Hours Monday-Thursday: 5am-8pm Friday: 5am – 7pm Saturday: 7am – Noon Sunday: 7am – 11am	