

Monday

Vinyasa Yoga

7:00 am | 60 min
Studio 2-3
Nia

HIIT

9:00 am | 60 min
Studio 2-3
Mikel

Pilates

2:00 pm | 45 min
Studio 2-3
Sam

Bootcamp

3:30 pm | 60 min
Studio 2-3
Advin

Taekwondo

5:00 pm | 60 min
Studio 2-3
JaVaa

Cycle Rush

6:00 pm | 45 min
Studio 1
Advin

Zumba

7:00 pm | 60 min
Studio 2-3
Erica

Tuesday

Guts and Butts

9:30 am | 45 min
Studio 2-3
Becky

Yin Yoga

12:00 pm | 60 min
Studio 2-3
Cece

Choi Kwang Do

2:00 pm | 60 min
Studio 2-3
Sebastian

Pilates

2:00 pm | 45 min
RWC Studio
Jordan

Club Throwback

4:00 pm | 45 min
Studio 2-3
Noah

Power Pilates

5:00 pm | 60 min
Studio 2-3
Sam

Boxing

5:00 pm | 60 min
RWC Studio
Ricky

Beginner Calisthenics

6:15 pm | 45 min
Studio 2-3
Ben

K-Pop Koreo

7:00 pm | 45 min
RWC Studio
Fina

Werk It!

7:30 pm | 60 min
Studio 2-3
Sadie

Wednesday

HIIT

9:00 am | 60 min
Studio 2-3
Mikel

MMA Conditioning

12:30 pm | 60 min
RWC Studio
Ricky

Pilates

1:00 pm | 45 min
Studio 2-3
Jordan

MMA Conditioning

2:00 pm | 45 min
Studio 2-3
Sebastian

Pilates

2:00 pm | 45 min
RWC Studio
Sam

Bootcamp

3:30 pm | 60 min
Studio 2-3
Advin

Taekwondo

5:00 pm | 60 min
Studio 2-3
JaVaa

Zumba

5:00 pm | 60 min
RWC Studio
Fina

Cycle Rush

6:00 pm | 45 min
Studio 1
Advin

Zumba

7:00 pm | 60 min
Studio 2-3
Erica

Thursday

Guts and Butts

9:30 am | 45 min
Studio 2-3
Becky

Yin Yoga

12:00 pm | 60 min
Studio 2-3
Cece

Choi Kwang Do

2:00 pm | 60 min
Studio 2-3
Sebastian

Club Throwback

4:00 pm | 45 min
Studio 3
Noah

Beginner Calisthenics

4:00 pm | 45 min
Studio 2
Ben

Power Pilates

5:00 pm | 60 min
Studio 2-3
Sam

Boxing

5:00 pm | 60 min
RWC Studio
Ricky

Cycle Fuego

6:00 pm | 45 min
Studio 1
Becky

Vinyasa Yoga

6:15 pm | 60 min
Studio 2-3
Nia

K-Pop Koreo

7:00 pm | 45 min
RWC Studio
Fina

Werk It!

7:30 pm | 60 min
Studio 2-3
Sadie

Friday

Pilates

9:00 am | 45 min
Studio 2-3
Jordan

MMA Conditioning

12:00 pm | 45 min
Studio 2-3
JaVaa

MMA Conditioning

12:30 pm | 60 min
RWC Studio
Ricky

Saturday

Zumba

10:15 am | 45 min
Studio 2-3
Erica

Bootcamp

1:00 pm | 60 min
Studio 2-3
Finn

Sunday

MMA Conditioning

3:00 pm | 45 min
RWC Studio
Sebastian

Key

Kennesaw Campus

Marietta Campus

Instructional Series

(Registration required)

Class Descriptions



Instructional Registration

