



Group Fitness Schedule Fall Session I 2026

August 31st – October 11th

Monday

Guts and Butts

9:00 am | 60 min
RWC Studio
Becky

Yin Yoga

11:00 am | 60 min
Studio 2-3
Nia

Reformer Pilates

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

Beginner Calisthenics

2:30 pm | 45 min
Studio 2-3
Ben

Intermediate Calisthenics

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

Power Pilates

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

Zumba

5:00 pm | 60 min
RWC Studio
Fina

Guts and Butts

6:30 pm | 45 min
Studio 2-3
Abby

HIIT

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

Tuesday

Cycle Rush

9:00 am | 30 min
Studio 1
Cesar

Guts and Butts

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

Club Throwback

11:00 am | 45 min
Studio 2-3
Noah

Dance Basics

12:30 pm | 45 min
Studio 2-3
Kayleigh

Bootcamp

4:00 pm | 60 min
Studio 2-3
Matthew

Zumba

5:30 pm | 60 min
Studio 2-3
Erica

Cycle Fuego

6:00 pm | 45 min
Studio 1
Becky

K-Pop Koreo

7:00 pm | 60 min
RWC Studio
Fina

Wednesday

Yin Yoga

11:00 am | 60 min
Studio 2-3
Nia

Reformer Pilates

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

Beginner Calisthenics

2:30 pm | 45 min
Studio 2-3
Ben

Intermediate Calisthenics

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

Power Pilates

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

Zumba

5:00 pm | 60 min
RWC Studio
Fina

Guts and Butts

6:30 pm | 45 min
Studio 2-3
Abby

HIIT

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

Thursday

Cycle Rush

9:00 am | 30 min
Studio 1
Cesar

Club Throwback

11:00 am | 45 min
Studio 2-3
Noah

Dance Basics

12:30 pm | 45 min
Studio 2-3
Kayleigh

Jazz Dance

1:30 pm | 45 min
Studio 2-3
Kayleigh

Bootcamp

4:00 pm | 60 min
Studio 2-3
Matthew

Zumba

5:30 pm | 60 min
Studio 2-3
Erica

K-Pop Koreo

7:00 pm | 60 min
RWC Studio
Fina

Friday

Power Pilates

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

Yin Yoga

11:00 am | 60 min
Studio 2-3
Nia

Dance Basics

12:30 pm | 45 min
Studio 2-3
Kayleigh

Bootcamp

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

Saturday

Zumba

10:15 am | 60 min
Studio 2-3
Erica

Key

Kennesaw Campus

Marietta Campus

Instructional Series



Class Descriptions