



Group Fitness Schedule

May 26 - July 26

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 3:00pm 60 min Studio 2-3 Matthew	Power Pilates 9:00am 60 min Studio 2-3 Jordan	Strength Circuits 11:00am 60 min RWC Studio Finn	Power Pilates 9:00am 60 min Studio 2-3 Jordan	Vinyasa Yoga 11:00am 60 min Studio 2-3 Nia
Reformer Pilates 6:00pm 60 min Studio 2-3 Cece	Beginner Calisthenics 12:00pm 45 min Studio 2-3 Ben	Bootcamp 3:00pm 60 min Studio 2-3 Matthew	Beginner Calisthenics 12:00pm 45 min Studio 2-3 Ben	Bootcamp 3:00pm 60 min Studio 2-3 Matthew
	Vinyasa Yoga 5:00pm 60 min Studio 2-3 Nia	Zumba 4:30pm 60 min Studio 2-3 Erica	Vinyasa Yoga 5:00pm 60 min Studio 2-3 Nia	Saturday
	HIIT 7:00pm 60 min Studio 2-3 Abby	Reformer Pilates 6:00pm 60 min Studio 2-3 Cece	HIIT 7:00pm 60 min Studio 2-3 Abby	K-Pop Korea 11:00am 60 min RWC Studio Fina
				Strength Circuits 11:00am 60 min Studio 2-3 Finn
				Kickboxing 2:00pm 60 min Studio 2-3 Bach

Key

Kennesaw Campus

Marietta Campus

Instructional Series

(Registration required)

Class Descriptions



Instructional Registration



Sunday

K-Pop Korea

3:00pm | 60 min
RWC Studio
Fina