



Class Schedule



Effective June 1, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	5:15am Shockwave DN	5:15am Ulgnite - Tabata KW	5:15am Unleashed SC 6:00 - 9:00am Open Gym	5:15am USuspend KW	5:15am Unleashed LC	7:30am USuspend KW
8:30am Yoga Kim	9:00am Ulgnite KK Babysitting			9:00am ShockWave KK Babysitting	9:00am UBarre KK Babysitting	8:30am Unleashed DN Babysitting
9:30am Unleashed KW		10:00am ShockWave KK	10:00am Unleashed KW		6:00-12:00pm Open Gym	
	12:15pm UBuild DN	12:00pm Open Gym /Yoga	12:15pm UBuild DN	12:00pm Open Gym/Yoga	12:15pm Sled Fun KW	
Evening						
		4:00pm Open Gym	4:30pm Open Gym	4:00pm Open Gym		
	4:30pm Open Gym	5:00pm Ulgnite- Tabata KW	5:30pm Ulgnite KK	5:00pm Unleashed DN		
	5:30pm ShockWave KK	6:00pm UBungee KW	6:30pm UBuild DN	6:00pm Shockwave DN	5:30pm Ulgnite SC	
	6:30pm Unleashed KK	7:00pm UCRU/Mash Up KW		7:00pm USurprise KW		



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Class Descriptions~

Barre~Box~ Build~ Cru~ Fuel~Ignite~ Perform~ Restore~Suspend~Unleash~ Repeat!

UBarre

Create long lean muscles in this ballet inspired workout: Sculpt, Tone & Align! UBuild
Powerlifting fundamentals: Strong foundations=Results!

UBungee

Entertaining, Super Easy and Super Fun. Come give it a shot, we will stretch your idea of fitness.

UCru

An Unleashed rowing experience like none other. In this class we row for endurance and maybe a little friendly competition.

UIgnite

Instructor wild card format including, bootcamps, kettlebells, tabata & circuit training: Get Fired up!

UPerform

A class for athletes looking to improve their power & reactive speed with footwork drills and plyometrics: Unleash the athlete inside!

USuspend

Suspension Training utilizes your body weight to vary the intensity of your workout. "Your body is your machine!"

ShockWave

Using WaterRowers this circuit style cardio & strength building class will MAKE YOU MOVE!

UNLEASHED

Our signature cross training regime that keeps you coming back for more! "UNLEASH the best version of U!"

Yoga

Come get bendy with us!

Open Gym/ Rolling W.O.D

Drop in for your own workout or we can create a workout just for u! Be sure to register! Rolling W.O.D a workout kicked off at the top of each hour.