



Class Schedule



Effective May 27, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
	5:15am Unleashed DN	5:15am Ulnite - Tabata KW	5:15am Ulnite SC	5:15am USuspend KW	5:15am Unleashed LC Open Gym 6-12	7:30am USuspend KW
8:30am Yoga Kim	9:00am Ulnite KK Babysitting		Rolling WoD/OPEN GYM 6:00, 7:00, 8:00, 9:00	9:00am ShockWave KK Babysitting	9:00am UBarre KK	8:30am Unleashed DN Babysitting
9:30am Unleashed KW		10:00am ShockWave KK	10:00am Unleashed KW			
	12:15pm UBuild DN	12:00pm Open Gym or Yoga Kim	12:15pm UBuild DN	12:00pm Open Gym or Yoga Kim	12:15pm Sled Fun Friday KW	
Evening						
		4:00pm Open Gym		4:00pm Open Gym		Check out our new class options!
	4:30pm Open Gym	5:00pm Ulnite - Tabata KW	4:30pm Open Gym Yoga Kim	5:00pm Unleashed DN		
	5:30pm ShockWave KK	6:00pm UBungee KW	5:30pm Ulnite KK Yoga Kim	6:00pm Shockwave DN	5:30pm Ulnite SC	



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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.