



Class Schedule



Effective December 11, 2017

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



Class Schedule



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!

URestore

A blend of foam rolling, core conditioning and stretching: Get Bendy!

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.