



# Class Schedule

Effective June 18, 2018

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



## Class Scheule



### *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!

#### **UBox**

Authentic rounds with mitts and gloves mixed with conditioning and core work make this class a real HIT!

#### **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.