



# Class Schedule



Effective January 1, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15am Unleashed DN	5:15am UBungee KW	5-9am Open Gym	5:15am USuspend KW	5:15am Unleashed LC	7:30am USuspend KW
8:30am Yoga Kim	6-9am Open Gym	9:00am UCru Mash KK 8-10am Open Gym		9:00am Ulnite KK 8-10am OpenGym	6-12pm Open Gym	8:30am Unleashed DN
9:30am Unleashed KW Babysitting	9:00am Unleashed KK Babysitting		10:00am 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	9:30 Yoga Sandy
	4:30pm Open Gym	4:00pm Open Gym	4:30pm Open Gym	4:00pm Open Gym		
		5:00pm Tabata KW		5:00pm Unleashed DN		
	5:30 pm ShockWave KK	6:00pm UBungee KW	5:30pm UBox KK	6:00pm Shockwave DN	5:30pm Unleashed SC	
	6:30pm Unleashed KK	7:00pm UCRU/Mash Up	6:30pm UBuild DN	7:00pm USurprise KW	6:30 Yoga Kim V.	

***Class Descriptions***

***Barre~Box~Build~ Cru~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**

**Intervals of conditioning and sparring with a partner. Sometimes you just need to hit something!**

**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!**

**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**

**Drop in for your own workout or we can create a workout just for u! Be sure to register!**