

Thanksgiving Week Schedule Updates

Monday, November 25th

5am class will be CYCLE BLEND

Wednesday, November 27th

5:15am class will be BOOTCAMP

6:00PM BOOTCAMP is canceled

Thursday, November 28th

7:00am Aqua HIIT with Lindsay

7:30am Cycle with Katie

8:30am Barbell with Lindsay



Friday, November 29th

No 5:00am class

All other's normal schedule

