

WARHAWK FITNESS

GROUP FITNESS SCHEDULE

SEPTEMBER 6TH - OCTOBER 28TH



Monday	Tuesday	Wednesday	Thursday	Friday
		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n TOTAL BODY 45
	12n - 12:45p YOGA		12n - 12:45p YOGA	12n - 1p YOGA
4p - 4:30p CLUB MOVES	4:30p - 5:15p BARBELL STRENGTH	3:45p - 4:30p 30M HIIT + CORE 360	4:30p - 5:15p 30M HIIT + CORE 360	
4:30p - 5p BELOW THE BELT	5:15p - 6p GROUP STRENGTH + CORE 360	4:30p - 5:15p BARBELL	5:15p - 6p TOTAL SUSPENSION	
5:15p - 6p TOTAL SUSPENSION	5:45p - 6:30p CYCLING (cycling studio)	5:15p - 5:45p BELOW THE BELT	5:30p - 6:15p CYCLING (cycling studio)	
5:30p - 6:15p CYCLING (cycling studio)	6p - 6:45p 30M HIIT + CORE 360	5:45p - 6:30p STEP	6:30p - 7:30p YOGA	
6p - 7p YOGA	6:45p - 7:30p DOUBLE THREAT	6:30p - 7:30p YOGA		

RESERVATION LINK: [IMLEAGUES.COM/UWW/RESERVATIONS](https://imleagues.com/uww/reservations)
CLASSES AVAILABLE 7 DAYS IN ADVANCED, SPACE IS LIMITED

WARHAWK FITNESS

GROUP FITNESS SCHEDULE

SEPTEMBER 6TH - OCTOBER 28TH



Monday	Tuesday	Wednesday	Thursday	Friday
MIND-BODY	CARDIO	CYCLING	STRENGTH	MASH-UP
		7:15a - 8a CYCLING (cycling studio)		11:15a - 12n TOTAL BODY 45
	12n - 12:45p YOGA		12n - 12:45p YOGA	12n - 1p YOGA
4p - 4:30p CLUB MOVES	4:30p - 5:15p BARBELL STRENGTH	3:45p - 4:30p 30M HIIT + CORE 360	4:30p - 5:15p 30M HIIT + CORE 360	
4:30p - 5p BELOW THE BELT	5:15p - 6p GROUP STRENGTH + CORE 360	4:30p - 5:15p BARBELL	5:15p - 6p TOTAL SUSPENSION	
5:15p - 6p TOTAL SUSPENSION	5:45p - 6:30p CYCLING (cycling studio)	5:15p - 5:45p BELOW THE BELT	5:30p - 6:15p CYCLING (cycling studio)	
6p - 6:45p CYCLING (cycling studio)	6p - 6:45p 30M HIIT + CORE 360	5:45p - 6:30p STEP	6:30p - 7:30p YOGA	
6p - 7p YOGA	6:45p - 7:30p DOUBLE THREAT	6:30p - 7:30p YOGA		

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