

WARHAWK FITNESS

GROUP FITNESS SCHEDULE

JANUARY 23RD - MARCH 26TH



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



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*CLASSES AVAILABLE 7 DAYS IN ADVANCED,
SPACE IS LIMITED***