

FitPass Class Schedule

We add new classes regularly. Check the following links for the most up-to-date schedule.

[Ready Set Flow Yoga Class Schedule](#)

[CoreStrong Class Schedule](#)

[RED/LINE Cardio Class Schedule](#)

	SUN	MON	TUE	WED	THUR	FRI	SAT
6 am :30			TRX RIPPED	FIND YOUR FLOW	TRX BOOTCAMP	TRX RIPPED	FIND YOUR FLOW
7 am :30							FIND YOUR FLOW
8 am :30							
9 am :30							TRX FIT
10 am :30		TRX STRONG	TRX FIT	TRX STRONG	TRX SWEAT	TRX FIT	FIND YOUR FLOW
11 am :30	STRETCH & RESTORE 45min	RED/LINE CARDIO	RED/LINE CARDIO	RED/LINE CARDIO	RED/LINE CARDIO	RED/LINE CARDIO	
12 pm :30			12:30pm TRX X-PRESS 30min	FIND YOUR FLOW EXPRESS 45min	12:30pm TRX X-PRESS 30min	FIND YOUR FLOW EXPRESS 45min	
1 pm :30							
2 pm :30							
3 pm :30							
4 pm :30							
5 pm :30		5:15pm TRX FIT	RED/LINE CARDIO	5:15pm TRX FIT	5:15pm TRX + KETTLEBELLS	5:15pm TRX FIT	5:15pm FIND YOUR FLOW
6 pm :30		6:15pm TRX X-PRESS 30min	6:15pm FIND YOUR FLOW	6:15pm TRX X-PRESS 30min	STRETCH & RESTORE EXPRESS 30min	6:15pm TRX X-PRESS 30min	4:30pm TRX X-PRESS 30min
7 pm :30					6:15pm FIND YOUR FLOW		5:15pm TRX FRI-YAY 45min
							FIND YOUR FLOW