



Monthly Class Schedule **NOVEMBER 2025**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530 - 0630	Strength		Strength		Strength	
0600 - 0700			Yoga - Flow			
0900 - 1000	Strength	Family Fitness	Strength	Family Fitness	Strength	
0930 - 1030						Zumba
1045-1145						Spin (NOV 15 only)
1200-1230		HIIT		HIIT		Yoga - Flow (NOV 15 only)
1700-1815	PHYSICAL READINESS	PHYSICAL READINESS	PHYSICAL READINESS	PHYSICAL READINESS		
1700 - 1800	Yoga - Beginner	Spin	BARBELL			
1800 - 1900	Zumba	Yoga - Restorative	Zumba			

NEW CLASS ALERT!!!!

PHYSICAL READINESS is a rigorous group fitness class designed to build uncompromising physical and mental resiliency. This program focuses on mastering proper techniques across all domains of fitness—strength, endurance, mobility, and recovery—ensuring you move with efficiency and power. You'll receive tactical education on injury prevention and mitigation to keep you mission-ready at all times. Whether preparing for demanding physical challenges or maintaining peak condition, Physical Readiness trains you to perform under pressure with durability and discipline.