



TRANSFORM YOUR FITNESS WITH OUR GROUP STRENGTH TRAINING

MONDAY

PEDAL & PUMP

COACH MARTY
9:30AM

ABS OF STEEL

COACH MARTY
10:30AM

HAPPY HOUR HITT/CYCLE

COACH RACHEL
5:00PM

TUESDAY

GLUTES BOOTY WORKS

COACH RACHEL
9:45AM

ABS ON FIRE

COACH RACHEL
10:45AM

WEDNESDAY

BUILD & BURN FUSION

COACH MARTY
9:30AM

ABS OF STEEL

COACH MARTY
10:30AM

HAPPY HOUR HITT/CYCLE

COACH RACHEL
5:00PM

THURSDAY

ESPO'S BOOTCAMP

COACH RACHEL
9:45AM

ABS ON FIRE

COACH RACHEL
10:45AM

SATURDAY

CYCLE CROSS

COACH MARTY
9:00AM

ABS OF STEEL

COACH MARTY
10:00AM

**OUR TREAT UNTIL THE END OF THE MONTH
START BOOKING YOUR OCTOBER SESSIONS TODAY!**