CLASS SCHEDULE

MONDAY

TRX 9 AM

ROCKET VINYASA

6 PM

TUESDAY

WEDNESDA

ROCKET VINYASA

ASHTANGA

8.30 AM

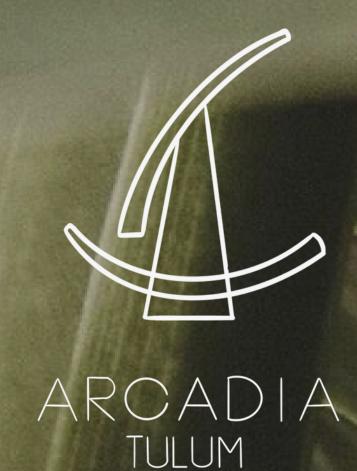
ASHTANGA 8.30 AM 6 PM

TRX 9 AM

THURSDAY

TRX 9 AM





TRX CLASSES 45 MINUTES

YOGA CLASSES 90 MINUTES