

CLASS SCHEDULE

MONDAY

TRX 9 AM

TUESDAY

ASHTANGA
8.30 AM

ROCKET VINYASA
6 PM

WEDNESDAY

TRX 9 AM

THURSDAY

ROCKET VINYASA
8.30 AM

ASHTANGA
6 PM

FRIDAY

TRX 9 AM



ARCADIA
TULUM

TRX CLASSES 45 MINUTES

YOGA CLASSES 90 MINUTES