

CLASS SCHEDULE

MONDAY

TRX 9 AM

TUESDAY

ASHTANGA
8.30 AM

WEDNESDAY

TRX 9.30 AM

THURSDAY

ROCKET VINYASA
8.30 AM

FRIDAY

TRX 9.30 AM



ARCADIA
TULUM

TRX CLASSES 45 MINUTES

ONLY FOR RESIDENTS OF ARCADIA

YOGA CLASSES 75 MINUTES

Bring your towel and water