

# Motivationz Fitness

www.motivationfitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM / 6:00AM/ 6:30AM	STRENGTH + HYPERTROPHY	SPIN ENDURANCE	STRENGTH + HYPERTROPHY	SPIN + STRENGTH	FUNCTION + CONDITION		
		HOT VINYASA CORE FUSION		HOT VINYASA CORE FUSION			
7:00AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	SEMI-PRIVATE	
8:00AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	SPIN PARTY RIDE	
9:30AM / 9AM WKND	STRENGTH + HYPERTROPHY	FUNCTION + CONDITION	STRENGTH + HYPERTROPHY	PILATES	FUNCTION + CONDITION	STRENGTH + HYPERTROPHY	SPIN ENDURANCE
				OPEN GYM		PILATES SCULPT	
1030AM /10AM WKKND	SEMI-PRIVATE OPEN GYM	PILATES HIIT	SEMI-PRIVATE	OPEN GYM	SEMI-PRIVATE OPEN GYM	OPEN GYM	SEMI-PRIVATE OPEN GYM
	HOT VINYASA FUSION FLOW	OPEN GYM	OPEN GYM		HEATED HATHA FUSION FLOW	MOBILITY FLOW	SUNDAY SLOW FLOW
12PM	OPEN GYM  PRIVATES AVAILABLE	OPEN GYM YIN + THAI OR RMT MASSAGES	OPEN GYM  PRIVATES AVAILABLE	OPEN GYM YIN + THAI OR RMT MASSAGES	OPEN GYM  PRIVATES AVAILABLE	OPEN GYM  PRIVATES AVAILABLE	OPEN GYM  PRIVATES AVAILABLE
1-3PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
4PM	OPEN GYM	OPEN GYM	SEMI-PRIVATE	OPEN GYM	OPEN GYM		
5:30PM	SPIN POWER RIDE	FUNCTION + CONDITION	SPIN INTERVALS	STEP + SCULPT	POP-UPS OPEN GYM PRIVATES AVAILABLE		
				PILATES HIIT			
6PM	STRENGTH + HYPERTROPHY	SEMI-PRIVATE OPEN GYM	STRENGTH + HYPERTROPHY	SEMI-PRIVATE OPEN GYM			
7PM	SEMI-PRIVATE OPEN GYM	6:30PM PILATES	SEMI-PRIVATE	HEATED HATHA FUSION FLOW	NOTE: OPEN GYM IS AVAILABLE WHENEVER THERE IS A YOGA OR PILATES CLASS, OR SEMI PT		
	BARRE	MOBILITY FLOW	OPEN GYM	SEMI-PRIVATE OPEN GYM			
8pm	CANDLELIT YIN + RESTORE						

CLASSES ARE SUBJECT TO ADJUST BASED ON ENROLLMENT