

MONDAY

6:00am Full Body Lift - Nadia
9:00am Full Body Lift - KyLee
10:00am Full Body Lift - Willona
12:05pm Full Body Lift - Willona
4:30pm Full Body Lift - Willow
5:30pm Full Body Lift - Willow
7:00pm Yoga (1 hr) - Julia

TUESDAY

6:00am Ride - KyLee
9:00am Ride - KyLee
10:00am Mat Pilates - Denise
11:00am **Mama's Open Gym**
12:05pm Ride - Denise
4:30pm Ride - Alanna
5:30pm Glutes, Cardio & Core - Danielle

WEDNESDAY

6:00am Upper Lift - Danielle
9:00am Upper Lift in the Mezz - Laura
9:00am Ride & Upper - Nadia
10:00am Barre - Denise
12:05pm Upper Lift - Alanna
4:30pm Upper Lift - Rachel
5:30pm Upper Lift - Rachel
7:00PM Yoga (1hr) - Tamara

THURSDAY

6:00am Lower Lift - KyLee
9:00am Lower Lift - Willona
11:00am **Mama's Open Gym**
12:05pm Ride - Taylor
5:00pm Lower Lift - Laura
6:30PM Exhale - Chelsea

FRIDAY

6:00am Full Body Lift in the Mezz - KyLee
9:00am Full Body Lift - Dawn
10:00am Mat Pilates - Denise
12:05pm Full Body Lift in the Mezz - Willona
4:30pm TBA - TBA
5:30pm Yoga (1hr) - Vicki/Lenda

SATURDAY

9:00am Full Body Lift - Instructor Rotation
10:00am Glutes, Cardio & Core - Instructor Rotation
11:00am Yoga (1hr) - Tamara
12:00pm **Mama's Open Gym**

SUNDAY

9:00am Ride - Marie
10:00am Full Body Lift - Christina
11:00am Yoga (1hr) - Steph

APRIL 3 - JULY 2



All classes are pre-registered! If you don't sign up ahead of time, you are not guaranteed a spot. All classes are 50 Minutes unless stated otherwise. *Online & phone reservations for classes begin at 5:30am the day before the scheduled class, regardless of class time. There is a grace period of 5 minutes only once the class has begun for late arrivals. Download the free TWP app for your smartphone and sign in on the go! Website: www.twpfitness.com
Phone: 250.762.7255