

SAGINAW CLASS SCHEDULE

MONDAY

5:30 am – 6:15 am CYCLING
5:30 am – 6:25 am BODY SCULPT
4:00 pm – 4:55 pm BODY SCULPT
6:45 pm – 7:25 pm BODY SCULPT
6:45 pm – 7:30 pm CYCLING

TUESDAY

5:30 am - 6:15 am CYCLING
5:30 am – 6:25 am BOOT CAMP
8:00 am – 8:55 am BODY SCULPT
5:30 pm – 6:15 pm CYCLING
6:45 pm – 7:40 pm KICKBOXING

WEDNESDAY

5:30 am – 6:15 am CYCLING
5:30 am – 6:25 am BODY SCULPT
4:00 pm – 4:55 pm BODY SCULPT
6:45 pm – 7:25 pm BODY SCULPT
6:45 pm – 7:30 pm CYCLING

THURSDAY

5:30 am – 6:15 am CYCLING
4:20 pm – 5:15 pm BODY SCULPT
5:30 pm – 6:15 pm CYCLING
6:45 pm – 7:40 pm BODY SCULPT

FRIDAY

5:30 am – 6:15 am CYCLING
5:30 am – 6:25 am BODY SCULPT
8:00 am – 8:55 am BODY SCULPT

SATURDAY

8:00 am – 8:45 am CYCLING
8:00 am – 8:55 am BUTTS AND GUTS
9:00 am – 9:55 am BODY SCULPT

SUNDAY

8:00 am – 8:45 am CYCLING
9:00 am – 9:55 am BODY SCULPT