



MISSION FITNESS

[CLASS SCHEDULE]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a		Powerhouse30 ▷	Core Reform30	Iron+Oar [SL]	Barre30		
8:15a		Core Ride		Core Reform			
8:45a	Row+Reform		Core Row		Ride+Reform	Rotating	
9:45a	Barre+ ▷		Pilates+▷		Powerhouse30 ▷		
11:30a	Pilates+	Powerhouse ▷	Core Reform	Core Ride	BarreX		
4:00p							Rotating
4:30p		Core Reform					
5:00p				Powerhouse30 ▷			
5:45p	Powerhouse ▷	Barre+	Iron+Oar	Core Reform			
5a-10p	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym

[Kid's Playroom](#) | [\[SL\] Self-Led](#) | [Live Stream](#) ▷

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