

MISSION FITNESS

[A U G C L A S S S C H E D U L E]

MONDAY

- Ⓝ 8:45a ROW+REFORM
- Ⓝ 9:45a PILATES+ ▶
- 11:30a FLOWRIDER
- 5:45p IRON+CORE ▶

TUESDAY

- 6:00a COREROW30
- Ⓝ 8:15a FLOWRIDER
- 11:30a PILATES+ ▶
- Ⓝ 4:30p RIDE+REFORM
- 5:45p HIIT THE BARRE

WEDNESDAY

- 6:00a RIDE30
- Ⓝ 8:45a COREROW
- Ⓝ 9:45a HIIT THE BARRE ▶
- 11:30a ROW+REFORM
- Ⓝ 5:45p IRON+OAR

THURSDAY

- 5-8a IRON+OAR [self-led]
- Ⓝ 8:15a IRONRIDE
- 11:30a PILATES+ ▶
- Ⓝ 4:30p CORE+ ▶
- Ⓝ 5:00p RIDE30
- 5:45p CORE[RE]FORM

FRIDAY

- 6:00a IRON+CORE
- Ⓝ 8:45a CIRCUITS REFORMED
- 9:45a COFFEE RUN
- 11:30a HIIT THE FLOW ▶

SATURDAY

9:00a RIDE | ROW | FLOW

SUNDAY

3:00p REFORM+