



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	Biker Barre	Powerhouse ▶	Core Reform	Core Ride			
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](#)
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 [\[SL\] Self-Led](#)
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 [Live Stream](#) ▶