



# M I S S I O N F I T N E S S

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00a		Powerhouse30	Core Reform30	Iron+Oar [SL]	Flow30		
8:00a		Core Ride		Core Reform			
8:45a	Row+Reform		Core Row		RRR		
9:45a	Barre+ ▶		Flow+ ▶		Powerhouse30 ▶		
11:30a	Flow Rider	Powerhouse ▶	Core Reform	Core Ride	Pilates+ ▶		
4:00p							Rotating
4:30p		Core Reform					
5:00p				Powerhouse30 ▶			
5:45p	Powerhouse ▶	Flow+	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](#) ▶