

MISSION FITNESS

[M A R C L A S S S C H E D U L E]

MONDAY

- Ⓝ 8:45a ROW+REFORM
- Ⓝ 9:45a HIIT THE BARRE ▷
- 11:30a FLOWRIDER
- 5:45p IRON+CORE ▷
- 6:30p RIDE30

TUESDAY

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

WEDNESDAY

- 6:00a CIRCUITS REFORMED
- Ⓝ 8:45a COREROW
- Ⓝ 9:45a PILATES+ ▷
- 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

- 5:45a RIDE30
- Ⓝ 8:45a CIRCUITS REFORMED
- 9:45a COFFEE RUN
- 11:30a HIIT THE BARRE ▷

SATURDAY

9:00a RIDE | ROW

SUNDAY

3:00p REFORM+