

# MISSION FITNESS

[ O C T C L A S S S C H E D U L E ]

## MONDAY

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

## TUESDAY

- 6:00a COREROW30
- N** 8:00a FLOWRIDER
- 11:30a PILATES+ ▶
- N** 4:30p CIRCUITS REFORMED
- 5:45p HIIT THE FLOW

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

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

## SATURDAY

- 9:00a RIDE | ROW | FLOW

## SUNDAY

- 3:00p REFORM+