

WINTER 2018 CLASS SCHEDULE-KC



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	SPIN CYCLE 6:00 AM CS - Angela C 45m	SPIN CYCLE 5:45 AM CS - Tony S 45m	ASHTANGA MIX YOGA 6:00 AM MBS- Jessica M 60m	ROPIN' 6:00 AM ES - Angela A 60m	SPIN CYCLE 6:00 AM CS - Matt A 45m	WOD: WORKOUT OF THE DAY 9:00 AM ES - Pat B 45M	
	THE BEAST EXPRESS 6:00 AM ES - Kristin R 30m	HARD BODIES 6:00 AM SE - Angela A 60m	WOD: WORKOUT OF THE DAY 6:30 AM ES- Brittney B 30m	SPIN CYCLE 6:00 AM CS - Angela C 45m	YOGA FLEX 6:00 AM MBS - Jessica M 60m	ENERGY RIDE 8:45 AM CS - Matt A. 45m	
	CORE & CARDIO 6:30 AM ES - Kristin R 30m	STRENGTH AND LENGTH 6:30 AM MBS - Seraphine N 45m	BIKER BARRE 6:30 AM CS - Matt A 60m	MAT PILATES 6:30 AM MBS - Callie C 45m	BARBELL BLAST 6:00 AM ES - Kristin R 45m	YOGA 8:45 AM MBS - Jessica M 60m	
						STRENGTH AND LENGTH 10:00 AM MBS -Matt A 60m	
						FIGHT CLUB 10:00 AM ES - Max T 45m	POWER PILATES 10:00 AM MBS - Audrey D 60m
						WERQ CARDIO DANCE 10:45 AM ES - Miquel P 45m	BARBELL BLAST EXPRESS 11:00 AM ES - Mackenzie O 30m
MID	THE BEAST EXPRESS 12:00 PM ES - Brittney B 30m	WERQ 11:30 PM ES- Tara J 45m	STRENGTH AND LENGTH 12:00 PM MBS - Callie C 45m	WERQ CARDIO DANCE 11:30 AM ES - Haley S 45m	YOGA 12:00 PM MBS - Seraphine N 60m	BIKER BARRE 11:00 PM CS - Matt A. 60m	H.I.I.T. IT! EXPRESS 11:30 AM ES - Mackenzie O 30m
	BIKER BARRE 12:15 PM CS - Seraphine A 60m	SPIN CYCLE 12:00 PM CS- Pat B 30m	BUTTS & GUTS 12:15 PM ES Brittany B 30m	VINYASA YOGA 12:00 PM MBS - Jesse D 60m	CIRCUIT CIRCUS 12:00 PM ES - Tyler G 45m	BARBELL BLAST 11:30 AM ES - Mackenzie O 45m	YOGA 12:00 PM MBS - Colette M 60m
	STRAIGHT TO THE CORE 12:30 PM ES - Brittney B 30m	VINYASA YOGA 12:00 PM MBS - Jesse D 60m	MOUNTAIN BIKER EXPRESS 12:15 PM CS - Patrick B 30m	WOD: WORKOUT OF THE DAY 12:30 PM ES - Zach F 30m			
	BARBELL BLAST 12:15 PM ES - RC H 45m	MOBILITY 12:45 PM ES - Tyler G 30m					YOGA 4:00 PM MBS - Stephanie B 60m
PM	CARDIO DANCE FITNESS 5:30 PM MBS Eileen L 45m	TOTAL BODY SCULPT 5:00 PM ES - Rachel S 30m	CARDIO SCULPT FUSION 4:45PM MBS - RC H 45m	BLT EXPRESS 5:00 PM ES - RC H 30m	YOGA 5:30 PM MBS - Stephanie B 60m		
	BARBELL BLAST 5:30 PM ES - RC H 45m	UPPER BODY SCULPT 5:30 PM ES - Hannah G 30m	TRIAD TRAINING 5:30 PM MBS - Seraphine N 60m	POWER YOGA 5:15 PM - MBS Seraphine A 60m	BARBELL BLAST 5:30 PM ES - RC H. 45m		
	ENERGY RIDE 5:30 PM CS - Matt A 45m	POWER PILATES 5:30 PM - MBS Audrey D 60m	BLT 5:30 PM ES - RC Hahn 45m	SWINGER'S CLUB 5:30 PM ES Patrick B 60m			
	DEEP VINYASA YOGA 6:15 PM MBS - Jessica M 60m	LOWER BODY SCULPT 6:00 PM ES - Hannah G 30m	CYCLE 5:30 PM CS - Angela C 45m	STRENGTH AND LENGTH 6:15 PM MBS - Kristen J 60m			
	WOD:WORKOUT of the DAY 6:15 PM ES - Zach F 30 m	SPIN CYCLE 6:00 PM CS - Thomas H 45m	SCULPT 6:15 PM ES -Hannah G 30m	SPIN CYCLE 6:15 PM CS - Courtney L 45m			
	CIRCUIT CIRCUS 7:00 PM ES - Angela A 60m	H.I.I.T. IT! EXPRESS 6:30 PM ES - Bri S 30m	BARRE BOOTCAMP 6:30 PM MBS - Kimi S 45m	THE BEAST EXPRESS 6:30 PM ES - Rachel S 30m			
	BARRE BOOTCAMP 7:15 PM MBS - Molly T 45m	HARD BODIES EXPRESS 7:00 PM ES - Bri S 30m	ROPIN' 7:00 PM ES - Patrick B 45m	FIGHT CLUB 7:30 PM ES- Marion M 45m			
	DARK YOGA 8:00 PM MBS - Jesse D 60m	CARDIO DANCE FITNESS 6:30 PM ES Eileen L 45m	GENTLE YOGA 8:00 PM MBS - Paige P 60m				
		YOGA 7:15 PM MBS - Hannah L 60m					

All classes listed here are FREE with your Onelife Fitness membership!

STUDIOS: ES=Energy Studio CS=Cycle Studio MBS=Mind & Body Studio