



**RADICALLYFIT**

Fit is not a body type

## CLASS SCHEDULE – BEGINNING SEPTEMBER 16, 2018

All classes are one hour in duration unless otherwise noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>NEW!</b> 6:30 AM Yoga		<b>NEW!</b> 6:30 AM Yoga			
		7:00 AM Power Circuit		7:00 AM Power Circuit	7:00 AM Power Circuit	
8:00 AM Workout 101						
<b>NEW!</b> 9:00 AM Warrior Workout						9:00 AM Plyo-Push
10:00 AM Yoga						10:00 AM Barbell Crush (1.5 hour class)
	<b>NEW!</b> 12:00 PM Lunchtime Crunchtime		<b>NEW!</b> 12:00 PM Lunchtime Crunchtime			
		5:00 PM Trans/GNC Mind- Body Alignment (Enrollment Req.)	<b>NEW!</b> 5:30 PM Zumba	5:00 PM Trans/GNC Mind- Body Alignment (Enrollment Req.)		
	6:30 PM Warrior Workout	6:00 PM Barbell Crush (1.5 hour class)	6:30 PM Warrior Workout	6:00 PM Barbell Crush (1.5 hour class)		
	<b>NEW!</b> 7:30 PM Black and Brown Queerz (POC Only)	7:30 PM Power Yoga	<b>NEW!</b> 7:30 PM Black and Brown Queerz (POC Only)	7:30 PM Power Yoga		