

fall schedule



SUNDAY

7:40-8:25AM
BIKE
BOOTCAMP

8:30-9:15AM
PSF SIGNATURE

8:45-9:15AM
CYCLE & SCULPT
EXPRESS

9:25-9:55AM
BARRE
EXPRESS

9:25-9:55AM
CYCLE
EXPRESS

10:00-10:30AM
THEME
RIDE

10:00-10:30AM
CROSS
CONDITIONING

10:35-11:20AM
YOGA FUSION
SCULPT

4:40-5:10PM
CYCLE
EXPRESS

5:15-5:35PM
LOWER BODY
BLAST

5:40-6:10PM
CROSS
CONDITIONING

MONDAY

5:30-6:15AM
CIRCUIT
SCULPT

5:45-6:15AM
CYCLE & SCULPT
EXPRESS

6:20-6:40AM
AB BLAST

6:45-7:15AM
CYCLE
EXPRESS

7:40-8:10AM*
CARDIO EXPRESS

8:15-8:45AM*
3-2-1 SCULPT

8:15-8:45AM*
THEME RIDE

8:50-9:10AM*
AB BLAST

9:15-9:45AM*
RHYTHM RIDE

9:15-9:45AM*
CROSS
CONDITIONING

9:50-10:20AM*
PSF PILATES

4:45-5:15PM
CYCLE
EXPRESS

5:20-5:50PM
3-2-1 SCULPT

5:55-6:15PM
POWER BANDS BLAST

6:20-7:20PM
PSF SIGNATURE

7:25-7:55PM
FOAM ROLLER-
YOGA EXPRESS

TUESDAY

5:30-6:15AM
PSF
SIGNATURE

5:45-6:15AM
CYCLE
EXPRESS

6:20-7:05AM
CIRCUIT
SCULPT

7:10-7:40AM
BARRE
EXPRESS

8:15-9:00AM*
EXTREME SCULPT

8:25-8:55AM*
CYCLE & SCULPT EXP

9:05-9:25AM*
TUESDAY BLAST!
CORE CHALLENGE
BOOTY & LEGS
UPPER BODY
CARDIO

9:30-10:30AM*
PSF SIGNATURE

5:05-5:35PM
CROSS
CONDITIONING

5:40-6:10PM
PSF
EXPRESS

6:15-6:45PM
TRX
EXPRESS

6:15-6:45PM
CYCLE
EXPRESS

6:50-7:10PM
AB BLAST

WEDNESDAY

5:30-6:00AM
CROSS CONDITIONING

5:30-6:00AM
THEME RIDE

6:05-6:35AM
TABATA EXPRESS

6:05-6:35AM
CYCLE EXPRESS

6:40-7:10AM
TRX EXPRESS

6:40-7:10AM
ROAD RIDE

7:15-7:45AM
PSF EXPRESS

7:50-8:10AM*
AB BLAST

8:15-8:45AM*
CARDIO EXPRESS

8:15-8:45AM*
CYCLE EXPRESS

8:50-9:10AM*
LOWER BODY BLAST

8:50-9:10AM*
CYCLE BLAST

9:15-9:45AM*
TABATA EXPRESS

9:15-9:45AM*
RHYTHM RIDE

9:50-10:20AM*
BARRE EXPRESS

4:45-5:15PM
TRX EXPRESS

5:20-5:50PM
TABATA EXPRESS

5:55-6:25PM
CYCLE & SCULPT EXPRESS

5:55-6:25PM
TRX PILATES CHALLENGE

6:30-7:00PM
CARDIO EXPRESS

7:05-7:35PM

THURSDAY

5:30-6:15AM
TRX
BOOTCAMP

5:30-6:15AM
CYCLE & SCULPT

6:20-7:05AM
PSF
SIGNATURE

7:10-7:40AM
CROSS
CONDITIONING

8:15-9:00AM*
TRIPLE
THREAT

8:15-9:00AM*
CYCLE & SCULPT

9:05-9:25AM*
THURSDAY BLAST!
POWER BANDS
BARRE
UPPER BODY
ABS

9:30-10:15AM*
BOOTCAMP ROTATION
BOXING BOOTCAMP
BIKE & BOX
TRX BOOTCAMP
CYCLE TRX CHALLENGE
BIKE BOOTCAMP

4:50-5:20PM
3-2-1 SCULPT

5:25-5:55PM
CYCLE & SCULPT
EXPRESS

6:00-6:30PM
BOX & SCULPT

6:35-7:05PM
PSF PILATES

FRIDAY

5:30-6:15AM
POWER CYCLE

5:30-6:15AM
MORNING MIX

6:20-7:05AM
BOSU
CONDITIONING

7:10-7:30AM
AB BLAST

7:35-8:05AM
TRX EXPRESS

8:15-9:15AM*
PSF SIGNATURE

8:15-8:45AM*
CYCLE & SCULPT
EXPRESS

9:20-10:05AM*
CIRCUIT SCULPT

9:35-10:05AM*
RHYTHM RIDE

10:10-10:40AM*
FOAM ROLLER-
YOGA EXPRESS



SATURDAY

7:00-7:30AM
TRX EXPRESS

7:35-8:05AM
3-2-1 SCULPT

7:35-8:05AM
CYCLE EXPRESS

8:10-8:40AM*
CYCLE & SCULPT EXP

8:10-8:55AM*
BOSU CONDITIONING

8:45-9:15AM*
ROAD RIDE

9:00-9:20AM*
SATURDAY BLAST!
UPPER BODY
BOOTY & LEGS
BARRE

9:25-10:25AM*
KICKBOX INTERVAL

10:25-10:45AM*
AB BLAST

10:55-11:40AM
BOOTCAMP ROTATION
BOXING BOOTCAMP
BIKE & BOX
TRX BOOTCAMP
CYCLE TRX CHALLENGE
BIKE BOOTCAMP

20-30 MIN. CLASSES
= 1 CLASS CREDIT

45-60 MIN CLASSES
= 2 CLASS CREDITS

must pre-register at powersculptfitness.com

*childcare available when reserved in advance

schedule subject to change - **always** check our website for the most current schedule & availability

enter at 3120 n. greenview for all cycle classes