

POWER SCULPT FITNESS

SPRING SCHEDULE
APRIL 1ST - JUNE 9TH, 2019

20-30 MIN CLASSES = 1 CLASS CREDIT **45-60 MIN CLASSES = 2 CLASS CREDITS**
8-HOUR CANCELLATION POLICY - CHECK THE PSF APP FOR ALL SCHEDULE UPDATES - REGISTER FOR CHILDCARE SEPARATELY

5:30-6:15am
TRX Bootcamp
5:30-6:15am
Cycle & Sculpt
6:20-6:50am
Cross Conditioning

8:15-9:00am
Triple Threat
8:15-9:00am
Cycle & Sculpt
9:05-9:25am
Power Bands
9:30-10:30am
Yoga Fusion Sculpt

4:50-5:20pm
Tabata Express
5:25-5:55pm
Cycle & Sculpt Express
6:00-6:30pm
Box & Sculpt
6:35-7:05pm
PSF Pilates

THURSDAY

5:30-6:15am
Extreme Sculpt
5:30-6:15am
Power Cycle
6:20-7:05am
BOSU Conditioning

8:15-8:45am
Cycle & Sculpt Express
8:15-9:15am
PSF Signature
9:20-10:05am
Circuit Sculpt
9:35-10:05am
Rhythm Ride
10:10-10:40am
Yoga-Foam Roller

5:30/5:45pm
Friday Fit Club
*45 minute class offered
certain weeks only

FRIDAY

7:00-7:30am
TRX Express
7:35-8:05am
Cycle Express
7:35-8:05am
3-2-1 Sculpt
8:10-8:40am
Cycle & Sculpt Express
8:10-8:55am
BOSU Conditioning
8:45-9:15am
Cycle Express
9:00-9:20am
Barre Burn
9:25-10:25am
Kickbox Interval
10:30-10:50am
Ab Blast
10:55-11:40am
Bootcamp Mash-Up

SATURDAY

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
Cross Conditioning
10:00-10:30am
Theme Ride
10:35-11:20am
Yoga Fusion Sculpt

4:40-5:10pm
Cycle Express
5:15-5:35pm
Ab Blast
5:40-6:10pm
Cross Conditioning

SUNDAY

5:30-6:15am
Circuit Sculpt
5:45-6:15am
Cycle Express
6:20-6:40am
Ab Blast
6:45-7:15am
Cycle Express

8:15-8:45am
3-2-1 Sculpt
8:15-8:45am
Theme Ride
8:50-9:20am
Cardio Box
8:50-9:20am
Rhythm Ride
9:25-9:45am
Ab Blast
9:50-10:20am
Cross Conditioning

4:50-5:20pm
3-2-1 Sculpt
5:25-5:55pm
Cycle Express
5:25-5:55pm
Cross Conditioning
6:00-6:20pm
Ab Blast
6:25-7:25pm
PSF Signature
7:30-8:00pm
Yoga-Foam Roller

MONDAY

5:30-6:15am
PSF Signature
5:30-6:00am
Cycle Express

8:15-9:00am
Extreme Sculpt
8:30-9:00am
Cycle & Sculpt Express
9:05-9:25am
Core Challenge
9:30-10:30am
PSF Signature

5:05-5:35pm
Cross Conditioning
5:40-6:10pm
PSF Express
6:15-6:45pm
Cycle Express
6:15-6:45pm
TRX Express
6:50-7:10pm
Ab Blast

TUESDAY

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
Road Ride

8:15-8:45am
Cardio Express
8:15-8:45am
Cycle Express
8:50-9:10am
Lower Body Blast
9:15-9:45am
Tabata Express
9:50-10:20am
Barre Express

5:00-5:45pm
Cycle Mash-Up
5:50-6:20pm
Barre Express
6:25-6:55pm
Cross Conditioning
7:00-7:20pm
Core Challenge

WEDNESDAY