

# POWER SCULPT FITNESS

**SUMMER SCHEDULE**  
JUNE 10TH - SEPTEMBER 1ST, 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  
  
**8:00-8:45am**  
Triple Threat  
**8:50-9:10am**  
Power Bands  
**9:15-10:00am**  
Cycle & Sculpt  
**9:15-10:15am**  
Yoga Fusion Sculpt  
  
**4:50-5:20pm**  
Tabata Express  
**5:25-5:55pm**  
Cycle Express  
**6:00-6:30pm**  
Box & Sculpt  
**6:35-6:55pm**  
Ab Blast

## 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**  
Cycle Express  
**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  
**9:00-10:00am**  
Kickbox Interval  
**10:05-10:25am**  
Ab Blast  
**10:30-11:15am**  
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  
**6:20-6:50am**  
Cycle Express  
  
**8:10-8:40am**  
3-2-1 Sculpt  
**8:10-8:40am**  
Theme Ride  
**8:45-9:05am**  
Ab Blast  
**9:10-9:40am**  
Cardio Box  
**9:10-9:40am**  
Cycle Express  
**9:45-10:15am**  
Cross Conditioning  
  
**4:50-5:20pm**  
TRX Express  
**5:25-5:55pm**  
Cycle Express  
**6:00-6:20pm**  
Ab Blast  
**6:25-7:10pm**  
PSF Signature  
**7:15-7:45pm**  
Yoga-Foam Roller

## MONDAY

**5:30-6:15am**  
PSF Signature  
**5:45-6:15am**  
Cycle Express  
**6:20-6:50am**  
3-2-1 Sculpt  
  
**7:55-8:15am**  
Upper Body Blast  
**8:20-9:05am**  
Extreme Sculpt  
**8:35-9:05am**  
Cycle & Sculpt Express  
**9:10-9:30am**  
Core Challenge  
**9:35-10:35am**  
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**  
Cycle Express  
  
**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  
  
**4:45-5:30pm**  
Cycle Mash-Up  
**5:35-6:05pm**  
Cross Conditioning  
**6:10-6:40pm**  
Tabata Express  
**6:45-7:15pm**  
Cycle Express

## WEDNESDAY