

POWER SCULPT FITNESS

FALL SCHEDULE
SEPTEMBER 3RD - DECEMBER 30TH, 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

8:10-8:55am
Triple Threat

8:10-8:55am
Cycle & Sculpt

9:00-9:30am
Power Bands + Strength

9:35-10:35am
Yoga Fusion Sculpt

4:50-5:20pm
Tabata Express

5:25-5:55pm
Power 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
Power Cycle Express

10:10-10:40am
Foam Roller-Yoga Express

FRIDAY

7:00-7:30am
TRX Express

7:35-8:05am
Power 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
Power 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
Power 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
Power Cycle Express

5:15-6:00pm
Sunday Sweat

SUNDAY

5:30-6:15am
Circuit Sculpt

5:30-6:00am
Power Cycle Express

6:20-6:50am
Cycle & Sculpt 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
Power Cycle Express

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 & Sculpt Express

6:00-6:20pm
Ab Blast

6:25-7:10pm
PSF Signature

7:15-7:45pm
Foam Roller-Yoga Express

MONDAY

5:30-6:15am
PSF Signature

5:45-6:15am
Power Cycle Express

6:20-6:50am
3-2-1 Sculpt

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

5:00-5:30pm
Cross Conditioning

5:35-6:05pm
3-2-1 Sculpt

6:10-6:40pm
Power Cycle Express

6:10-6:40pm
Barre Express

6:45-7:15pm
Power Bands + Strength

TUESDAY

5:30-6:00am
Cross Conditioning

5:30-6:00am
Theme Ride

6:05-6:35am
Tabata Express

6:05-6:35am
Power Cycle Express

6:40-7:10am
Power Cycle Express

8:15-8:45am
Cardio Express

8:15-8:45am
Power Cycle Express

8:50-9:10am
Lower Body Blast

9:15-9:45am
Tabata Express

9:50-10:20am
Barre Express

4:50-5:20pm
Power Cycle Express

5:25-6:10pm
Yoga Fusion Sculpt

6:15-6:45pm
Cross Conditioning

6:50-7:20pm
TRX Express

WEDNESDAY