



GROUP FITNESS CLASSES

MONDAY

5:00 a.m. RPM
8:15 a.m. RPM
9:00 a.m. GRIT
9:30 a.m. CX Worx
10:00 a.m. Extend

12:00 p.m. Body Pump Express

4:30 p.m. Body Box Express
5:00 p.m. CX Worx
5:30 p.m. RPM
6:00 p.m. Body Pump

TUESDAY

4:00 a.m. SGT
5:00 a.m. Body Pump
6:00 a.m. SGT
8:15 a.m. Body Pump
9:30 a.m. Sprint

12:00 p.m. SGT

4:00 p.m. Blended Barre
5:15 p.m. Body Box
6:00 p.m. Sprint
6:15 p.m. Body Flow

WEDNESDAY

5:00 a.m. Sprint
8:15 a.m. Body Box
9:30 a.m. Body Flow

12:00 p.m. Body Pump Express

4:30 p.m. Body Box Express
5:00 p.m. CX Worx
5:30 p.m. RPM
6:15 p.m. Body Pump

THURSDAY

4:00 a.m. SGT
5:00 a.m. Body Pump
6:00 a.m. SGT
8:15 a.m. Body Pump
9:30 a.m. Blended Barre
9:30 a.m. Sprint

12:00 p.m. SGT

EXPRESS THURSDAY

4:30 p.m. Body Pump Express
5:00 p.m. Body Box Express
5:30 p.m. Sprint
5:35 p.m. Blended Barre (45 min)

***SGT: \$12/class**

FRIDAY

5:00 a.m. RPM
5:00 a.m. SGT
8:15 a.m. Body Box
9:30 a.m. Body Flow

5:15 p.m. Body Pump

SATURDAY

7:00 a.m. Warrior SGT
8:00 a.m. Body Box
8:00 a.m. SGT
8:15 a.m. RPM
9:00 a.m. Body Pump
10:00 a.m. Body Flow

CLUB HOURS

Mon.-Thurs: 4:00 a.m. - 9:30 p.m.

Friday: 4:00 a.m. - 8:00 p.m.

Saturday: 6:30 a.m. - 5:00 p.m.

Sunday: 9:00 a.m. - 5:00 p.m.

CLUBHOUSE HOURS

Mon.-Thurs: 8:00 a.m. - 1:00 p.m.
3:30 p.m. - 8:00 p.m.

Friday: 8:00 a.m. - 11:00 a.m.
3:30 p.m. - 6:30 p.m.

Saturday: 8:00 a.m. - 12:00 p.m.

Sunday: CLOSED

Visit www.spogaafc.com for class descriptions.