



All classes are 55 minutes in length unless otherwise noted. Participants who register online must arrive 15 minutes early to secure their spot. Walk-ins are welcome, but admittance is not guaranteed due to space restrictions. Please bring a water bottle to all classes.

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|---------------------------|----------------------------------|-------------------------|---------------------------------------|
| Class Location Key | RWC Group Exercise Studio | RWC Cycle Studio | Knights Plaza Mind Body Studio |
|---------------------------|----------------------------------|-------------------------|---------------------------------------|

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Cycle 7:00am, Kristen | SWEAT 8:00am, Cali | INSANITY 8:00am, Amy | Kickboxing 8:00am, Melyssa | Yoga 9:30am, Madi |
| Kickboxing 11:00am, Michelly | Yoga 9:30am, Britani | TRX Total Body (45 min) 11:00am, Alexys | Yoga 9:30am, Monica | Kickboxing 11:00am, RJ |
| Yoga 12:00pm, Britani | Yoga 12:00pm, Sarah M. | Bootcamp 12:00pm, Sierra | Yoga 12:00pm, Drew | TRX Total Body (45 min) 11:00am, Troy |
| Cycle 12:30pm, Kim | Cycle 12:30pm, Anderson | Cycle 12:30pm, Mikaela | Cycle (45 min) 12:30pm, Valerie | Yoga 12:00pm, Sarah M. |
| TRX Total Body (45 min) 1:30pm, Ferg | Step (45 min) 3:00pm, Britani | Zumba 2:30pm, Elyse | MixedFit (45 min) 3:00pm, Stacey | SWEAT 12:00pm, Kristen |
| Lower Body Blast (30 min) 2:00pm, Cali | Yoga Nidra Meditation 3:30pm, Pam | Yoga 4:00pm, Sarah M. | Kickboxing 4:30pm, Yan | Cycle (45 min) 12:30pm, RJ |
| Upper Body Blast (30 min) 2:30pm, Cali | Zumba 5:00pm, Lexie | SWEAT 6:30pm, Kim | Barre 5:00pm, Holly B. | Barre 2:00pm, Holly B. |
| Total Core (30 min) 3:00pm, Cali | Barre 5:00pm, RJ | Yoga Nidra Meditation 6:30pm, Monica | Zumba (50 min) 6:00pm, Claire | Hip Hop Cardio 2:00pm, Mikaela |
| Strong by Zumba 5:00pm, Yan | Power Yoga 6:15pm, Madi | Cycle 6:45pm, Jessica | Cycle 6:45pm, Kristen | Power Yoga 5:00pm, Alexys |
| Pilates 5:30pm, Kim | Lower Body Blast (30 min) 6:30pm, Aliyah | Zumba 8:15pm, Aley | Trampoline (30min) 7:00pm, Alexys | Saturday |
| Lower Body Blast (30 min) 6:30pm, Swaran | Cycle 6:45pm, Swaran | Yoga 8:15pm, Drew | Yoga 7:00pm, Swaran | Zumba 11:00am, Yan |
| Cycle 6:45pm, Britani | Upper Body Blast (30 min) 7:00 pm, Aliyah | | Total Core (30 min) 7:30 pm, Michelly | Yoga 12:00pm, Drew |
| Upper Body Blast (30 min) 7:00pm, Swaran | Total Core (30 min) 7:30pm, Aliyah | | Advanced Yoga 8:15pm, Sarah M. | Cycle 12:30pm, Mikaela |
| Yoga 7:00pm, Monica | POP Pilates (45 min) 7:30, Holly C. | | Hip Hop Cardio 8:15pm, Alexys | Sunday |
| Total Core (30 min) 7:30pm, Swaran | Zumba 8:15pm, RJ | | | Yoga 12:00pm, Madi |
| Guided Meditation (30 min) 8:00pm, Monica | Yoga 8:30pm, Chris | | | Cycle 6:00pm, Megan |
| Zumba 8:15pm, Michelly | | | | Power Yoga (75 min) 6:30pm, Britani |
| | | | | Zumba 7:00pm, Latisha |