

TWIN CREEKS GROUP FITNESS



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|------------------------|-------------------|------------|------------|------------------|--------------|
| 8:45am | | | | Hatha Yoga | | |
| 9:00am | | Hatha Yoga | Yoga Flow | | | |
| 9:30am | | | | | HIIT | |
| 10:15am | | Strength Training | | Pilates | | |
| 12:00pm | Yoga Conditioning | | | | | |
| 6:00pm | Power Hour | | Power Hour | Barre | | |
| | FITNESS PREMIER | | | | | |
| 9:00am | | | | | | |
| 9:30am | | | | | | Ballet Barre |
| 10:30am | | | | | Strength Circuit | |
| 12:00pm | Power Yoga | M.A.D.E. | | | | |
| 5:15pm | | | TRX Strong | | | |

6:00pm

Pilates Boxing

Kettlebell Class