

THE RESERVE

GROUP FITNESS SCHEDULE

Download the Out-FitNRG App and
start booking today!

MONDAY

CYCLE 45- ALDO

12:15-1:00PM

CYCLE, CORE, STRENGTH- ALDO

6:00-6:45PM

TUESDAY

MAT PILATES- SIMONE

12:00-12:45PM

VINYASA FLOW YOGA- SYANN

6:15-7:15PM

WEDNESDAY

TOTAL BODY SCULPT AND BURN- ALDO

12:15-1:00PM

TOTAL BODY SCULPT- DARA

6:00-6:45PM

THURSDAY

BARRE FUSION- SIMONE

12:00-12:45PM

VINYASA FLOW YOGA- DARA

5:30-6:20PM

FRIDAY

CYCLE 45- ALDO

12:15-1:00PM