

THE RESERVE

# GROUP FITNESS SCHEDULE

Visit [www.out-fitnrg.com](http://www.out-fitnrg.com) and start booking today!

## MONDAY

**CYCLE 45**

12:00-12:45PM

**CYCLE, CORE, STRENGTH**

6:00-6:45PM

## TUESDAY

**TOTAL BODY SCULPT AND BURN**

12:00-12:45PM

**VINYASA FLOW YOGA**

6:15-7:15PM

## WEDNESDAY

**MAT PILATES**

12:00-12:45PM

**TOTAL BODY SCULPT**

5:00-5:45PM

## THURSDAY

**BARRE FUSION**

12:00-12:45PM

**VINYASA FLOW YOGA**

5:30-6:20PM

## FRIDAY

**CYCLE 45**

12:00-12:45PM