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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 5:00 AM | Spin | HIIT  45 min blast |  | HIIT  45 min blast | Strength & Conditioning  45 min blast |  |  |
| 5:30 AM |  |  |  |  |  |  |  |
| 6:00 AM | Strength & Conditioning | HIIT | Strength & Conditioning | HIIT | Strength & Conditioning |  |  |
| 7:00 AM |  |  |  |  |  |  |  |
| 8:00 AM |  |  |  |  |  | Spin (60-Min)  HIIT | Women’s Only  Buns n Guns |
| 9:00 AM | Strength & Conditioning | HIIT | Strength & Conditioning | HIIT  Or Spin | Strength & Conditioning | HIIT | CORE or **Yoga** |
| 10: 00AM |  |  |  |  |  | Competitor Class Skill & Techinque |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 4:30 PM | Strength & Conditioning  Or Spin | HIIT | Strength & Conditioning | HIIT | Strength & Conditioning  **5pm**  (45 min blast) |  |  |
| 5:30 PM | Strength & Conditioning | HIIT | CORE | HIIT |  |  |  |
| 6:30 PM |  | *Competitor class* | Yoga | *Competitor Class* |  |  |  |
| 7:30 PM |  |  |  |  |  |  |  |

**Strength & Conditioning**

This class will start off with performing 15-20 minutes of a strength component followed by 10-20 minutes of metabolic conditioning.

**HIIT- High Intensity Interval Training.**

Our workouts utilize rowers, free weights, kettlebells, suspension trainers, plyo boxes, medicine balls, pullup bars and more. Our unique HIIT format—Functional High Intensity Mix-- of exercise moves is featured each class, integrating five essential building blocks to deliver optimal results. (1) functional movements (2) strength training (3)high intensity intervals (4) total body focus and (5) highly varied exercises

**FITNESS**

Feel the burn in our new class FITNESS. Here we will lower the intensity and focus on individual muscles groups as well as building and maintaining a stable core and sculpting a strong body.

**Spin**

We offer both *interval* and *endurance* rides to meet your training and fitness goals. Our instructors develop upbeat play lists combined with aspects of speed, power and endurance to give you a well rounded workout.

**Yoga**

The Hub offers Flow Yoga to compliment your other classes. Yoga encourages strength, stability, and cardiovascular health. You can also reap the benefits of lengthening, stretching and breathing techniques that get deep into the connective tissue and fascia, that you are working so hard in other activities.

**Competitor Class/Competitor Class Skill & technique**

This class will work on progression, technique, form and skill. Movements will include anything from Snatch, Clean & jerks, pull-ups, muscle-ups, push-ups, handstand walks, bench press, deadlifts and much more… Please check with trainer prior to entry. Must have basic fundamentals down.