

# THE MAVERICK

Classes included in the Maverick membership tier

All classes are 60-min unless noted.

## Monday

SKILLS & DRILLS	5:15 AM	TURF
CYCLING	8:00 AM	CYCLE WARD
LES MILLS BODY PUMP	9:00 AM	GROUP EF*KT
LES MILLS CX WORX	10:10 AM	GROUP EF*KT
FIT FOREVER	11:00 AM	GROUP EF*KT
CYCLING EXPRESS*	12:00 PM	CYCLE WARD
LES MILLS BODY PUMP	5:30 PM	GROUP EF*KT

LES MILLS CX WORX**	5:15 AM	GROUP EF*KT
KETTLEBELL**	5:45 AM	GROUP EF*KT
CYCLING	7:30 AM	CYCLE WARD
LES MILLS BODY PUMP	9:00 AM	GROUP EF*KT
CYCLING	9:00 AM	CYCLE WARD
CARDIO FUSION	9:00 AM	GYM
BOSU**	10:10 AM	GROUP EF*KT
FIT FOREVER	11:00 AM	GROUP EF*KT
CYCLING EXPRESS*	12:00 PM	CYCLE WARD
LES MILLS BODY PUMP	5:30 PM	GROUP EF*KT

LES MILLS BODY PUMP	5:15 AM	GROUP EF*KT
CYCLING	7:30 AM	CYCLE WARD
LES MILLS CX WORX**	8:30 AM	GROUP EF*KT
LES MILLS BODY COMBAT	9:00 AM	GYM
CARDIO FUSION	9:00 AM	GROUP EF*KT
CYCLING	9:00 AM	CYCLE WARD
BOSU**	10:10 AM	GROUP EF*KT
BARRE	11:00 AM	GROUP EF*KT

## Tuesday

LES MILLS BODY COMBAT	5:15 AM	GROUP EF*KT
BARRE	8:30 AM	GROUP EF*KT
OUTDOOR CYCLE	9:00 AM	OUTDOOR
CYCLE CORE	9:00 AM	CYCLE WARD
STRONG by ZUMBA	9:00 AM	GYM
KETTLEBELL**	10:10 AM	TURF
FIT FOREVER CYCLE*	11:00 AM	CYCLE WARD
KETTLEBELL**	12:00 PM	GROUP EF*KT
KETTLEBELL**	5:30 PM	GYM
CYCLING	6:00 PM	CYCLE WARD

BARRE	5:15 AM	GROUP EF*KT
BARRE	8:30 AM	GROUP EF*KT
ZUMBA	9:00 AM	GYM
CYCLE CORE	9:00 AM	CYCLE WARD
BOOTCAMP**	9:30 AM	GROUP EF*KT
KETTLEBELL**	10:10 AM	GROUP EF*KT
ZUMBA GOLD	11:00 AM	GYM
BOOTCAMP**	12:00 PM	GROUP EF*KT
BARRE**	4:30 PM	GROUP EF*KT
BOOTCAMP**	5:30 PM	GROUP EF*KT
CYCLING	6:00 PM	CYCLE WARD

CYCLING	8:00 AM	CYCLE WARD
LES MILLS BODY COMBAT	8:30 AM	GROUP EF*KT

## Wednesday

## Friday

## Thursday

## Saturday

\* 45-MIN CLASS  
\*\* 30-MIN CLASS

PLEASE NOTE: Class schedule is subject to change. Class additions, changes, or cancellations will be communicated on Facebook, our website and on our app.

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FITNESS