

FITHAUS WINTER 2019 SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM
5:30 AM														
6:00 AM	5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT					
6:30 AM		6:00 HIIT HAUS				6:00 CORE + CONDITIONING				6:00 HIIT HAUS				
7:00 AM	6:30 CROSSFIT		6:30 STRENGTH & CONDITIONING		6:30 CROSSFIT		6:30 STRENGTH & CONDITIONING		6:30 CROSSFIT					
7:30 AM												7:00: TEAM WOD SATURDAY (CF & HAUS)		
8:00 AM	8:15 HIIT HAUS				8:15 CORE + CONDITIONING				8:15 STRENGTH & CONDITIONING					
8:30 AM				8:15 GUIDED FLOW YOGA				8:15 GUIDED FLOW YOGA				8:30: TEAM WOD SATURDAY (CF & HAUS)		
9:00 AM				9:30 YOGA HIIT				9:30 FLOW YOGA*				9 AM SCULPT YOGA		9-10:15AM YOGA FLOW 75 MINS
9:30 AM	9:15 CROSSFIT				9:15 CROSSFIT				9:15 CROSSFIT			9:30: FREE INTRO CROSSFIT CLASS		
10:00 AM														
10:30 AM	10:30 STRENGTH & CONDITIONING*		10:30 HAUS BARRE*			10:30 GUIDED FLOW YOGA*	10:30 STRENGTH & CONDITIONING*			10:30 HIIT YOGA *		10:30 HATHA YOGA		
11:00 AM														10:30 - 12:30: MEMBERS OPEN GYM
11:30 AM														
12:00 PM		NOON SENIOR STRENGTH TRAINING	12:15 CROSSFIT			NOON SENIOR YOGA	12:15 CROSSFIT							
12:30 PM														
1:00 PM														
1:30 PM														
2:00 AM		2:00 CORE + RESTORE YOGA				2:00 CORE + RESTORE YOGA								
2:30 PM														
3:00 PM														
3:30 PM	3:30 TEEN CROSSFIT				3:30 TEEN CROSSFIT		3:30 TEEN CROSSFIT							
4:00 PM														
4:30 PM	4:30 HIIT HAUS	4:30 KIDS CROSSFIT		4:30 SCULPT YOGA	4:30 HAUS CIRCUITS		4:30 KIDS CROSSFIT		4:30 STRENGTH & CONDITIONING					4:30 YIN YOGA
5:00 PM														
5:30 PM	5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT					
6:00 PM														
6:30 PM														
7:00 PM		7:00 FLOW YOGA		7:00 YIN YOGA		7:00 HATHA YOGA		7:00 GUIDED FLOW YOGA						
7:30 PM														
8:00 PM														
8:30 PM														

* classes with astrik have childcare available for \$2/child

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