

FITHAUS + SYNDICATE.YOGA SUMMER 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	5:30 CROSSFIT : Katie K.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Katie K.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Kelsey W.					
6:00 AM		6:00 HIIT EXPRESS (45min) Dawn C.				6:00 CORE + CONDITIONING Kelsey W.				6:00 HIIT HAUS Erin K				
6:30 AM	6:30 CROSSFIT: Katie K.		6:30 STRENGTH & CONDITIONING Kelsey W.		6:30 CROSSFIT: Katie K.		6:30 STRENGTH & CONDITIONING Kelsey W.		6:30 CROSSFIT: Kelsey W.					
7:00 AM											7:00: TEAM WOD SATURDAY (CF & HAUS): Kelsey W.			
7:30 AM														
8:00 AM	8:15 STRENGTH & CONDITIONING Kelsey W.				8:15 STRENGTH + CONDITIONING Katie K.			8:15 CORE + RESTORE Juliann K.	8:15 STRENGTH & CONDITIONING Kelsey W.					
8:30 AM											8:30: TEAM WOD SATURDAY (CF & HAUS): Kelsey W.			
9:00 AM													9:00 Vinyasa Danielle	
9:30 AM	9:15 CROSSFIT: Cora S.		9:30 HAUS BARRE* Amanda S		9:15 CROSSFIT: Cora S.	9:30 HIIT Yoga*- Heather P.	9:30 STRENGTH & CONDITIONING* Juliann K.		9:15 CROSSFIT: Kelsey W.	9:30 HIIT Yoga*- Heather P.	9:30: FREE INTRO CROSSFIT CLASS : Kelsey W.			
10:00 AM														
10:30 AM	10:30 STRENGTH & CONDITIONING* Julie K.													
11:00 AM														
11:30 AM														
12:00 PM		NOON SENIOR STRENGTH TRAINING Amanda S.	12:15 CROSSFIT: Cora S.			NOON SENIOR YOGA: Amanda S.	12:15 CROSSFIT: Cora S.							
12:30 PM														
1:00 PM														
1:30 PM														
2:00 AM														
2:30 PM														
3:00 PM														
3:30 PM	3:30 TEEN CROSSFIT: Katie S.				3:30 TEEN CROSSFIT: Katie K.		3:30 TEEN CROSSFIT: Kelsey W.							
4:00 PM														
4:30 PM	4:30 STRENGTH & CONDITIONING Kelsey W.	4:30 KIDS CROSSFIT: Katie S + Juliann K.			4:30 STRENGTH & CONDITIONING Julie K.		4:30 KIDS CROSSFIT: Kelsey W.		4:30 STRENGTH & CONDITIONING Kelsey W.					
5:00 PM														
5:30 PM	5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Katie K.		5:30 CROSSFIT: Kelsey W.		5:30 CROSSFIT: Kelsey W.					
6:00 PM														
6:30 PM														
7:00 PM			7:00 Deep Stretch (Specialty Class)- Amanda		7:00 HATHA Yoga - Adam R.									
7:30 PM														
8:00 PM														
8:30 PM														

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

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