

FITHAUS FALL 2019 SCHEDULE (SEPT. 2019)

	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 HIIT EXPRESS (45 min) Dawn C.				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														
7:30 AM														
8:00 AM	8:15 STRENGTH & CONDITIONING Katie K.				8:15 STRENGTH & CONDITIONING Kayla B.			8:15 CORE + RESTORE Juliann K.	8:15 STRENGTH & CONDITIONING Kelsey W.					
8:30 AM														
9:00 AM														
9:30 AM	9:15 CROSSFIT: Cora S.				9:15 CROSSFIT: Cora S.				9:15 CROSSFIT: Kelsey W.					
10:00 AM														
10:30 AM	10:30 STRENGTH & CONDITIONING* Julie K.		10:30 HAUS BARRE* Amanda S.		10:30 STRENGTH & CONDITIONING* Kayla B.		10:30 STRENGTH & CONDITIONING* Juliann K.			10:30 YOGA SCULPT* Heather P.				
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM		SENIOR STRENGTH Amanda S.	12:15 CROSSFIT: Cora S.				SENIOR YOGA: Amanda S.	12:15 CROSSFIT: Cora S.						
1:00 PM														
1:30 PM														
2:00 AM														
2:30 PM														
3:00 PM														
3:30 PM	3:30 TEEN CROSSFIT: Katie K.				3:30 TEEN CROSSFIT: Katie K.		3:30 TEEN CROSSFIT: Katie K.							
4:00 PM														
4:30 PM	4:30 STRENGTH & CONDITIONING Katie K.				4:30 STRENGTH & CONDITIONING Julie K.				4:30 STRENGTH & CONDITIONING Kelsey W.					
5:00 PM														
5:30 PM	5:30 CROSSFIT: Katie K.		5:30 CROSSFIT: Katie K.		5:30 CROSSFIT: Katie K.		5:30 CROSSFIT: Katie S.		5:30 CROSSFIT: Kelsey W.					
6:00 PM														
6:30 PM														
7:00 PM		7:00 DEEP STRETCH YOGA Amanda S.					7:00 VINYASA Amanda S.							
7:30 PM														
8:00 PM														
8:30 PM														

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

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