THANKSGIVING DAY HOURS

Thursday, November 26

Club Hours: 7AM–1PM
Fuel Café: 9:00AM - 12:30PM
Kids Club: 8:30AM - 12:30PM

8:15 AM • Cycle with Mike • Cycle Studio
9:15 AM • Barre Fusion with Stine • Movement Zone
9:15AM • Strength Conditioning with Martin • Studio One
9:15AM • Cycle with Diana • Cycle Studio
9:30AM • All Levels Yoga with Stacey • Elevate Studio

ASCEND TEAM TRAINING

8:00AM • Happy ROXgiving Bootcamp

Re Form Pilates Studio by All Sport

9:00AM • Reform

*Must have package or purchase session; 24-hour cancellation policy applies

Wednesday, November 25

Please note that there will be a modified evening class schedule and Kids Club in the evening will be closed.

5:30PM • BodyPump • Studio One
6:00PM • Barre • Movement Zone
6:00PM • Yoga • Elevate Studio
6:30PM • Cycle • Cycle Studio

ASCEND TEAM TRAINING

6:30PM • ASCEND Strength

Re Form Pilates Studio by All Sport

5:30PM • Reform

*Must have package or purchase session; 24-hour cancellation policy applies