

Virtual Schedule July 1—July 31 2021

The classes listed in black are classes that have been pre-scheduled by the GF Dept. The times listed in Red are times that members can schedule their own Virtual class. Any times that are not listed below means there is a LIVE class on the schedule.

Class descriptions can be found online
scheduled classes can be changed by Staff if you prefer a different format

STUDIO #1	STUDIO #2	STUDIO #3
Monday	Monday	Monday
7:00am –8:00 60-minute HIIT Firestarter 12:00pm-12:30 30-min Booty, Abs and Thigh Workout 12:40pm-1:10 30-min Beginner Full BodySculpt	6:00am-6:50 Learn to Flow 7:00am-7:30am OPEN 8:15am– 8:40 Mat Pilates 8:40am-9:30am OPEN 12:00pm-12:20 20-minute Lower Body Barre 12:30pm-3:30pm OPEN 3:55pm-4:45 YogaFit for Warriors	5:30am-7:30am OPEN 8:15am-9:15am REVOLUTION 29 1:00pm-4:00pm OPEN 4:30pm-5:05 Power Drills (Voice Instructed)
Tuesday	Tuesday	Tuesday
7:00am-7:30am OPEN 7:45am-8:15 30-min Cardio and Strength Conditioning 12:05-1:00 WAR 22 1:00pm-3:00pm OPEN 3:45pm-4:15pm 30-Min. Hip-Hop Fit Workout	6:30am-7:00 30-minute Barre Bootcamp 7:15am-8:00am OPEN 12:00pm-12:45 45-min Cardio Pilates Full Body Workout 12:45pm-3:30pm OPEN 7:00pm-7:30 Barre Floor Workout with Core Focus	6:00am-7:30am OPEN 8:15am-8:50 R1DE Beat #2 9:45am-11:00am OPEN 12:00pm-1:00 REVOLUTION 21 1:00pm-5:30pm OPEN 5:30pm-6:00 R1DE HIIT #1
Wednesday	Wednesday	Wednesday
1:30pm-1:50 AXIS 6 (similar to CxWorx) 2:00pm-3:00 60-min HIIT Firestarter 4:15pm-4:45 30-Min. Hip-Hop Fit Workout	6:00am-6:45 YogaFit for Beginners 6:55am-8:00am OPEN 12:00pm-12:35 36-minute Beginners Pilates 12:55pm-3:30pm OPEN 4:30pm-4:45 15-minute BarreSANITY routine	6:00am-6:55 REVOLUTION 29 8:00am-9:00 Triple Bypass 9:00am-5:15pm OPEN 6:00pm-6:30 R1DE 5
Thursday	Thursday	Thursday
6:00am-6:55 WAR 20 (Similar to Kickboxing) 7:00am-8:30 OPEN 9:00am-9:15 15-minute Abs & Core Burnout 12:15pm-12:50 30-min Booty, Abs and Thigh Workout 1:00pm-4:00pm OPEN 4:30pm-5:25 RIP 21 (similar to BodyPump)	6:00am-6:50 Mobility Yoga 1:00pm-4:00pm OPEN 4:30pm-5:15 45-min Cardio Pilates Full Body Workout	6:45am-7:30am OPEN 8:30-9:00 R1DE 5 9:15am-11:15am OPEN 12:00pm-12:35 Power Drills (Voice Instructed) 12:30pm-4:15pm OPEN 5:00pm-6:00 Triple Bypass
Friday	Friday	Friday
7:05am-7:30 AXIS 8 (similar to CxWorx) 7:55am-8:15 20-Minute Toned Arms & Abs Workout 4:55pm-5:15 20-Minute HIIT Cardio Burner	6:00am-6:20 20-minute Yoga Cardio Sculpt 6:25am-6:45 20-minute Pilates 101 Workout 7:00am-7:45am OPEN 12:00pm-12:55 Transform Vol. 12 12:30pm-4:15pm OPEN 4:30pm-5:15 YogaFit for Beginners	5:30am-8:00am OPEN 8:30am-9:25 REVOLUTION 21 9:30am-1:00am OPEN 1:00pm-3:30pm OPEN 4:30pm-5:05 R1DE Beat #2
Saturday	Saturday	Saturday
1:00pm-1:55 WAR 20 2:00pm-2:30 30-Minute Hip-Hop Fit Workout 4:00pm-4:55 Power Step 22	7:30am-8:20 Mobility Yoga 1:00pm-1:55 Transform Vol. 12	8:00am-8:30 R1DE HIIT #1 11:00am-11:30 REVOLUTION 33 11:30am-5:00pm OPEN
Sunday	Sunday	Sunday
3:15pm-4:20 Latinva Revolution	11:30am-12:15 45-min Cardio Pilates Full Body Workout 3:00pm-3:25 25-Minute Pilates Ab Workout	10:00am-11:00am OPEN 11:30am-12:00 The Chase (Voice Instructed) 1:00pm-4:15pm OPEN 4:00pm-4:30 Wild Moon (Voice Instructed)