



BodyCombat: Cardio Program – Martial Arts Inspired 30 or 60 mins.

Grit Athletic: HIIT Program – High Intensity Sports Conditioning 30 mins.

Grit Plyo: HIIT Program – High Intensity Plyometrics 30 mins.

Grit Strength: HIIT Program – High Intensity Strength 30 mins.

Grit Cardio: HIIT Program– High Intensity Cardio 30 mins.

BodyPump: Cardio/WeightTraining – Total Body Workout 30/45/55 mins.

CXWORX: Core Program– Strength program with equipment 30 mins.

RPM: Cardio Program – Indoor Cycling 30 or 50 mins.

Sprint: HIIT Program – High Intensity Cycling 30 mins.

BodyFlow: Core/Flexibility Program – Yoga based 30 or 60 mins.

Barre: Core/Flexibility Program – Ballet inspired 30 mins.

Sh'Bam: Cardio Program – Dance inspired 30 or 45 mins.

