

LUGE FIT TIMETABLE



TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:20AM	STRONG	BOSS	ENERGIZER	LFA WOD	POWERFUL		
6:20AM	STRONG	BOSS	ENERGIZER	LFA WOD	POWERFUL		
7:20AM	STRONG	BOSS	ENERGIZER	HYPE XPRESS	POWERFUL		
8:00AM						FEARLESS	
8:20AM			MOVERS 50+	MOVERS 50+			
9:00AM						AG FEARLESS	
9:20AM	STRONG	BOSS	ENERGIZER	LFA WOD	POWERFUL		
10:20AM	MOVERS 50+		REBUILD				
11:20AM	REBUILD						
1-4PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
4:20PM	TEENS	BOSS	TEENS	TONE			
5:00PM							RESTORE
5:20PM	STRONG	BOSS	ENERGIZER	HYPE	POWERFUL		
6:20PM	STRONG	BURN/TONE XPRESS	AG ENERGIZER				
7:20PM			AG ZEN				

All classes are 50 minutes. Xpress classes are 30 minutes. AG = All Gender
Light pink = Soul Class. Mindful movement.

STRONG

Upper Body Strength & Conditioning

BOSS

Lower Body Strength & Conditioning

ENERGIZER

Full Body HIIT

LFA WOD

Crossfit Inspired
Strength & Endurance

POWERFUL

Full Body Strength

FEARLESS

Full Body Endurance

OPEN GYM

Unsupervised Training

HYPE & HYPE XPRESS

Boxing & Aglity

ZEN

Vinyasa Yoga

RESTORE

Yin Yoga

TONE & TONE XPRESS

Mat Pilates

BURN XPRESS

Beat-Based Cardio / Dance

REBUILD

Pre & Postnatal

MOVERS 50+ & TEENS

Age Specific Classes
Movers 50 and over
Teens 13-17