



Small Group Class Schedule

*Location A: 109B Fabrister Lane, Lexington
(Inside Intense Volleyball Gym)*

*Location B: 372 Riverchase Way, Lexington
(Inside Palmetto Jujitsu Academy)*

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:15am (A)	Cross Training	Pilates Mat	Cross Training	Pilates Mat	Cross Training
9:30-10:15am (B)		Pilates Mat		Pilates Mat	
3:00-3:45pm (B)	CF Lite		CF Lite	CF Lite	
4:30-5:15pm (B)					Kettlebells
6:00-6:45pm (B)	Kettlebells		Kettlebells		

Cross Training: Circuit-style cross training class with a strength & conditioning focus.

Pilates Mat: Low-impact Pilates mat class with a focus on core strength & stabilization.

Kettlebells: High intensity strength & conditioning using kettlebells.

CF Lite: Low-impact cross training designed for active adults.