

Reclaimed Fitness Class Schedule

As of Jan. 15, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Group Power 6:00-7:00	Group Groove 6:00-7:00	Group Power 6:00-7:00		Group Groove 6:00-7:00		
6:30 AM							
7:00 AM	Group Centergy 7:00-8:00		Group Centergy 7:00-8:00		Group Centergy 7:00-8:00		
7:30 AM		Group Power 7:15-8:15		Group Power 7:15-8:15		Group Power 7:10-8:10	
8:00 AM							Group Power 7:40-8:40
8:30 AM						Group Centergy 8:15-9:15	
9:00 AM		Cycle/Strength Fusion 9:00-9:45		Cycle/Strength Fusion 9:00-9:45			Group Core 8:45-9:15
9:30 AM	Group Fight 9:15-10:15		Group Fight 9:15-10:15		Group Fight 9:15-10:15	Group Groove 9:15-10:15	Group Fight 9:15-10:15
10:00 AM							
10:30 AM	Group Core 10:20-10:50		Group Core 10:20-10:50		Group Centergy 10:20 - 11:20		
11:00 AM							

4:30 PM							
5:00 PM		Group Fight 4:45-5:45		Group Active 4:45-5:45			
5:30 PM							
6:00 PM	Group Power 6:00-7:00	Group Active 6:00-7:00	Zumba 6:00-7:00	Group Power 6:00-7:00			
6:30 PM							
7:00 PM							

For class descriptions and membership info, visit us at reclaimedfitness.net