

Reclaimed Fitness Class Schedule

As of May 1, 2023

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 7:15-8:15	
8:00 AM							Group Power 7:45-8:45
8:30 AM						Group Centergy 8:30-9:30	
9:00 AM		Cycle/Strength Fusion 9:00-9:45		Cycle/Strength Fusion 9:00-9:45			Group Core 9:00-9:30
9:30 AM	Group Fight 9:15-10:15		Group Fight 9:15-10:15		Group Fight 9:15-10:15	Group Groove 9:30-10:30	Group Fight 9:30-10:30
10:00 AM							
10:30 AM	Group Core 10:20-10:50		Group Core 10:20-10:50		Group Core 10:20-10:50		
11:00 AM							

5:00 PM

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