



## QUEENAX ROOM & SPIN STUDIO SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:00AM	<b>CYCLE &amp; STRENGTH</b> Evelyn <i>*SPIN STUDIO</i>		<b>CYCLE &amp; STRENGTH</b> Evelyn <i>*SPIN STUDIO</i>		
8:30-9:15AM	<b>TABATA</b> Whitney	<b>HIIT</b> Callee	<b>TABATA</b> Whitney	<b>HIIT</b> Callee	<b>HIIT</b> Whitney/ Callee
12:00pm-12:45pm	<b>BodyFit</b> Joe		<b>BodyFit</b> Joe		
AFTERNOON					
5:15-6:00PM	<b>BOOST</b> Jarod	<b>CYCLE &amp; STRENGTH</b> Lori <i>*SPIN STUDIO</i>	<b>BOOST</b> Jarod	<b>CYCLE &amp; STRENGTH</b> Lori <i>*SPIN STUDIO</i>	
7:00-8:00PM	<b>HIIT</b> Alley			<b>HIIT</b> Alley	
CLASS DESCRIPTION					
<p><b>CORE CYCLE:</b> Intense spin for cardio with a focus on abs incorporated.</p> <p><b>METCON:</b> Strengthen and elevate your heartrate by rotating through timed stations and exercises.</p> <p><b>TABATA:</b> Whole body workout that includes 20 seconds of training followed by 10 seconds of rest for 2 minutes intervals.</p> <p><b>BOOST:</b> Try the SuperFunctional system to maximize your workout. Each tri-plex system is based on a different category of movement to burn calories and strengthen.</p> <p><b>CYCLE &amp; STRENGTH:</b> Spin cardio with a focus on upper body strength training.</p> <p><b>HIIT:</b> Complete body workout with both hand weights, bars, and cardio moves for high intensity interval training.</p> <p><b>BodyFit:</b> boxing infused strength training stations for maximum engagement and progression</p>					