

ARROWHEAD FITNESS | CLASS SCHEDULE | FALL 2024



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|
| Morning Fitness Classes | | | | | |
| <i>Rhythm & Flow Yoga</i> 06:30 - 07:30 AM <i>[Chrissy]</i> | Indoor Cycle (IC) 06:00 - 07:00 AM <i>[Simone]</i> | | Indoor Cycle (IC) 06:00 - 07:00 AM <i>[Catherine]</i> | Indoor Cycle (IC) 06:00 - 07:00 AM <i>[Simone]</i> | |
| Indoor Cycle (IC) 08:00 - 09:00 AM <i>[Lynda]</i> | <i>Zumba Fitness</i> 08:00 - 09:00 AM <i>[Tracy & Teresa]</i> | Indoor Cycle (IC) 08:00 - 09:00 AM <i>[CindySue]</i> | <i>Zumba Fitness</i> 08:00 - 09:00 AM <i>[Tracy & Teresa]</i> | Indoor Cycle (IC) 08:00 - 09:00 AM <i>[Manny]</i> | |
| <i>Vinyasa Yoga Practice</i> 09:15 - 10:15 AM <i>[Keri]</i> | <i>Barre Above</i> 09:15 - 10:15 AM <i>[Ines]</i> | <i>Balance-Tone-Strength</i> 09:15 - 10:15 AM <i>[Tina]</i> | <i>Barre Above</i> 09:15 - 10:15 AM <i>[Ines]</i> | <i>Balance-Tone-Strength</i> 09:15 - 10:15 AM <i>[Tina]</i> | <i>Cycle/Sculpt</i> 09:30 - 10:30 AM <i>[Mia]</i> |
| | | <i>Vinyasa Yoga Practice</i> 10:30 - 11:30 AM <i>[Chrissy]</i> | | <i>Pilates Floor/Mat</i> 10:30 - 11:30 AM <i>[Laurie]</i> | |
| Afternoon Fitness Classes | | | | | |
| <i>BBG Weight Lifting</i> 05:30 - 06:30 PM <i>[Greg]</i> | <i>Full Body HIIT</i> 05:30 - 06:30 PM <i>[Catherine]</i> | <i>Full Body HIIT</i> 05:30 - 06:30 PM <i>[CindySue]</i> | <i>BBG Circuit HIIT</i> 05:30 - 06:30 PM <i>[Greg]</i> | | |
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Business Hours

Monday - Thursday
06:00 am - 09:00 pm

Friday
06:00 am - 06:00 pm

Saturday & Sunday
08:00 am - 04:00 pm



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Download & Use the MindBody App to Schedule a Class:

