

Studio

by GHF



Mon: 9:00-10:00 AM Q-Circuit
12:00-1:00 PM Tribe Core
5:15-6:15 PM Tribe Core

Tue: 3:45-4:45 PM Tribe Punch

Wed: 9:00-10:00 AM Q-Circuit
12:00-1:00 PM Tribe Core
5:15-6:15 PM Tribe Core
6:30-7:30 PM Q-Circuit

Thur: 12:00-12:45 PM Sit to be Fit Strength
3:45-4:45 PM Tribe Punch

Fri: 9:00-10:00 AM Q-Circuit

- These times are reserved for class. Open gym is available all other times for member use.
- Studio-Q will be used periodically for workshops. Times will be posted as they are scheduled.