



Group Exercise Schedule

Ask us about our [memberships](#) and [punch cards](#) to take advantage of these classes!

Day	Time	Class	Instructor	Level	Description
Monday	5:30AM- 6:30AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	6:45AM- 7:45AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	4:15PM-5:15PM	Children's Ballet	Rebecca	2/3	Ballet skills and fundamentals. Ages 7-11 years old
	5:15PM-6:15PM	Children's Ballet	Rebecca	2/3	Ballet skills and fundamentals. Ages 11 & up.
Tuesday	5:30AM - 6:30AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	6:45AM - 7:45AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	9:00AM - 9:45AM	S.A.I.L.	Cassidy	1-2	Exercise for older adults to improve cardio, strength, mobility, and balance.
	6:00PM-8:00PM	Kendo	Shaw	2	Traditional martial practice using the katana.
Wednesday	5:30AM - 6:30AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	6:45AM - 7:45AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	1:00PM-2:00PM	Children's Ballet	Rebecca	2/3	Ballet skills and fundamentals. Ages 7-12 years old.
	2:00PM-3:00PM	Children's Ballet	Rebecca	3	Ballet skills and fundamentals. Ages 11 & up.
	6:00PM - 7:00PM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	7:15PM - 8:15PM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
Thursday	5:30AM - 6:30AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	9:00AM - 9:45AM	S.A.I.L.	Cassidy	1-2	Exercise for older adults to improve cardio, strength, mobility, and balance.
	1:00PM-2:00PM	Children's Ballet	Rebecca	1	Ballet skills and fundamentals. Ages 4-8 years old.
	2:00PM-3:00PM	Children's Ballet	Rebecca	2	Ballet skills and fundamentals. Ages 7-12 years old.
	3:00PM-4:00PM	Children's Ballet	Rebecca	3	Ballet skills and fundamentals. Ages 11 & up.
	6:00PM-8:00PM	Kendo	Shaw	2	Traditional martial practice using the katana.
Friday	5:30AM - 6:30AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	6:45AM- 7:45AM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	12:30PM - 1:30PM	Children's Ballet	Rebecca	2	Ballet Sskills and fundamentals. Ages 7-12 years old
	1:00PM - 2:00PM	PUSH Club*	Jason	1/2	Strength & conditioning designed for all abilities and ages.
	1:30PM-3:00PM	Children's Ballet	Rebecca	3	Ballet skills and fundamentals. Ages 11 & up.
	4:45PM - 5:45PM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
	6:00PM - 7:00PM	Intentional Fitness	Intentional Fitness	1-3	Strength, Core & Abs, Functional Training, and HIIT
Saturday	8:00AM-8:55AM	Teen/Adult Ballet	Rebecca	2	Full body elements from ballet, yoga and Pilates
	9:00AM-9:55AM	Children's Ballet	Rebecca	1	Ballet skills and fundamentals. Ages 4-8 years old.
Sunday	3:00PM - 4:30PM	Wheelie Club*	Rotating	1	Games based class geared for children of all abilities.

**These classes follow a 6 weeks on, 2 weeks off schedule. Give us a call to find out the session dates.*

1 = Beginner, 2 = Intermediate, 3 = Advanced
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