

FITHAUS + SYNDICATE.YOGA FALL 2018 SCHEDULE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM	MAIN ROOM	YOGA ROOM
5:30 AM	5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT					
6:00 AM		6:00 HIIT HAUS		6:00 STRENGTH & CONDITIONING		6:00 YOGA HIIT		6:00 STRENGTH & CONDITIONING		6:00 HIIT HAUS				
6:30 AM	6:30 CROSSFIT		6:30 CROSSFIT		6:30 CROSSFIT		6:30 CROSSFIT		6:30 CROSSFIT					
7:00 AM											7:00 CROSSFIT			
7:30 AM												7:30 HIIT HAUS		
8:00 AM														
8:30 AM		8:15 YOGA HIIT		8:15 SHORT FORM YOGA		8:15 FLOW YOGA		8:15 SHORT FORM YOGA			8:30 CROSSFIT			
9:00 AM												9:00 CORE + RESTORE YOGA		9:00 FLOW YOGA 75 MINS
9:30 AM	9:15 CROSSFIT			9:30 YOGA SCULPT*	9:15 CROSSFIT			9:30 YOGA FLOW*	9:15 CROSSFIT		9:30: FREE INTRO CROSSFIT CLASS			
10:00 AM														
10:30 AM	10:30 STRENGTH & CONDITIONING*		10:30 HAUS BARRE*			10:30 YOGA FLOW*	10:30 STRENGTH & CONDITIONING*			10:30 YOGA HIIT*		10:30 HATHA YOGA		
11:00 AM														10:30 - 12:30: MEMBERS OPEN GYM
11:30 AM														
12:00 PM		NOON SENIOR STRENGTH TRAINING				NOON SENIOR YOGA				NOON HATHA YOGA				
12:30 PM			12:15 CROSSFIT				12:15 CROSSFIT					11:45 FLOW YOGA		
1:00 PM														
1:30 PM														
2:00 AM		2:00 YOGA SCULPT				2:00 CORE + RESTORE YOGA				2:00 FLOW YOGA				
2:30 PM														
3:00 PM														
3:30 PM	3:30 TEEN HAUS				3:30 TEEN HAUS		3:30 TEEN HAUS							
4:00 PM														
4:30 PM	4:30 HIIT HAUS	4:30 KIDS HAUS			4:30 HAUS CIRCUITS		4:30 KIDS HAUS							
5:00 PM														
5:30 PM	5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT		5:30 CROSSFIT					
6:00 PM														
6:30 PM		6:45 FLOW YOGA		6:45 SHORT FORM YOGA		6:45 HATHA YOGA		6:45 FLOW YOGA						
7:00 PM														
7:30 PM														
8:00 PM				8:00 YIN YOGA										
8:30 PM														

* classes with asterik have childcare available for \$2/child

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