



ADRENALINE STUDIO

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Adrenaline Flow 5:10 AM		Adrenaline Rush 5:10 AM		Adrenaline Flow 5:10 AM	
Adrenaline Open 8 AM - 12 PM	Adrenaline Open 6 AM - 11 AM	Adrenaline Open 6 AM - 11 AM	Adrenaline Open 6 AM - 11 AM	Adrenaline Open 6 AM - 11 AM	Adrenaline Open 6 AM - 11 AM	Adrenaline Open 8 AM - 12 PM
	Semi-Private Pilates 6:30 AM*** (separate fee)		Semi-Private Pilates 6:30 AM*** (separate fee)		Semi-Private Pilates 6:30 AM*** (separate fee)	Adrenaline 's Choice 8 AM
	Adrenaline Box 8:45 AM	Wonder Wheel Yoga 9 AM	Adrenaline Rush 8:45 AM	Adrenaline Rush 9 AM	Adrenaline Rush 9 AM	
	Adrenaline Open 4 PM - 9 PM	Adrenaline Open 4 PM - 9 PM	Adrenaline Open 4 PM - 9 PM	Adrenaline Open 4 PM - 9 PM	Adrenaline Open 4 PM - 9 PM	
	Adrenaline Booty 5:15 PM	Adrenaline Rush 6:45 PM	Adrenaline Rush 6 PM	Adrenaline Rush 6:45 PM		
	Adrenaline Rush 6:15 PM	Pole Fitness 8 PM* (separate fee)				

***= in person and virtual

Group Training Schedule

Schedule subject to change. Schedule as of September 12, 2022.

Adrenaline Open gives you access to workout at the Studio on your own with an access card.