WFIT STUDIO SCHEDULE

MONDAY

WOMEN'S ONLY AREA
5:00am-5:30am

RHYTHM RIDE
5:45am
Theresa

FITNESS PROGRAMING
7:00am-9:00am

RHYTHM POWER PULSE
9:30am
Jen S

BUILD & BURN
10:30am
Danielle

WOMEN'S ONLY AREA
12:00pm-4:00pm

FITNESS PROGRAMING
4:00pm-5:00pm

RHYTHM RIDE & SCULPT
5:30pm
Jen P

FITNESS PROGRAMING
7:00pm-8:00pm

WOMEN'S ONLY AREA
8:00pm-10:00pm

TUESDAY

WOMEN'S ONLY AREA
5:00am-7:00am

FITNESS PROGRAMING
7:00am-9:00am

POWER RIDE
9:30am
Deb

PULSE POWER
10:30am
Danielle

WOMEN'S ONLY AREA
12:00pm-4:00pm

FITNESS PROGRAMING
4:00pm-8:00pm

WOMEN'S ONLY AREA
8:00pm-10:00pm

WEDNESDAY

WOMEN'S ONLY AREA
5:00am-5:30am

RHYTHM RIDE
5:45am
Theresa

FITNESS PROGRAMING
7:00am-8:00am

TABATA CYCLE
8:30am
Michele

BUILD & BURN
9:30am
Danielle

FITNESS PROGRAMING
10:30am-12:00pm

WOMEN'S ONLY AREA
12:00pm-4:00pm

FITNESS PROGRAMING
4:00pm-5:00pm

POWER RIDE &
MINDFUL STRETCH
5:30pm
Pauline

FITNESS PROGRAMING
7:00pm-8:00pm

WOMEN'S ONLY AREA
8:00pm-10:00pm

THURSDAY

WOMEN'S ONLY AREA
5:00am-5:30am

HIIT RIDE
5:45am
Melissa Lo

FITNESS PROGRAMING
7:00am-9:00am

RHYTHM RIDE & SCULPT
9:30am
Jen P

PULSE POWER
10:30am
Danielle

WOMEN'S ONLY AREA
12:00pm-4:00pm

FITNESS PROGRAMING
4:00pm-8:00pm

WOMEN'S ONLY AREA
8:00pm-10:00pm

FRIDAY

WOMEN'S ONLY AREA
5:00am-6:30am

FITNESS PROGRAMING
7:45am-8:15am

RHYTHM RIDE
8:30am
Jen P

BUILD & BURN
9:30am
Danielle

FITNESS PROGRAMING
10:30am-12:00pm

WOMEN'S ONLY AREA
12:00pm-8:00pm

SATURDAY

FITNESS PROGRAMING
6:00am-7:00am

POWER RIDE
7:30am
Pauline

RHYTHM RIDE
9:00am
Nancy

FITNESS PROGRAMING
10:30am-12:00pm

WOMEN'S ONLY AREA
12:00pm-6:00pm

SUNDAY

FITNESS PROGRAMING
6:00am-8:30am

POWER RIDE &
MINDFUL STRETCH
9:00am
Pauline

FITNESS PROGRAMING
10:30am-12:00pm

WOMEN'S ONLY AREA
12:00pm-6:00pm

DESIGNATED SPACE FOR WOMEN'S ONLY WORKOUT

FITNESS PROGRAMMING

WCYCLE CLASSES

GROUP X CLASSES