



MONDAY

BECKETT BURN

12:30-13:30PM
BECKETT STUDIO

HYROX

17:30-18:30PM
BECKETT STUDIO

BODYFIT- WEIGHTLIFTING WITH FALLON

19:30-20:30PM
PERFORMANCE
GYM (CRI)

BODYFIT - CONDITIONING WITH FALLON

20:30-21:30PM
PERFORMANCE
GYM (CRI)

TUESDAY

HYROX

7:30-8:30AM
BECKETT STUDIO

SLOW FLOW YOGA

7:30-8:30AM
STUDIO 3

BECKETT BLAST

17:30-18:30PM
BECKETT STUDIO

BECKETT BEND

18:30-19:30PM
FITNESS STUDIO 3

BARBELL

19:15-20:45PM
PERFORMANCE
GYM (CRI)

WEDNESDAY

WOMENS LIFT WITH FALLON

13:00-14:00PM
PERFORMANCE
GYM (CRI)

SPIN CLASS

17:30-18:30PM
FITNESS STUDIO 2

ZUMBA

18:00-19:00PM
CSS FITNESS
STUDIO

BODYFIT - WEIGHTLIFTING WITH FALLON

18:00-19:30PM
PERFORMANCE
GYM (CRI)

BODYFIT - CONDITIONING WITH FALLON

19:30-20:30PM
PERFORMANCE
GYM (CRI)

THURSDAY

HYROX

7:30-8:30AM
BECKETT STUDIO

HATHA YIN YOGA

12:30-13:30PM
STUDIO 3

BECKETT BLAST

12:30-13:30PM
BECKETT STUDIO

BARBELL

19:15-20:45PM
PERFORMANCE
GYM (CRI)

FRIDAY

HYROX

12:30-13:30PM
BECKETT STUDIO

BECKETT BURN

17:30-18:00PM
BECKETT STUDIO

BARBELL

18:00-19:30PM
PERFORMANCE
GYM (CRI)

SATURDAY

HYROX

8.30-9.30AM
BECKETT STUDIO

JUNIOR S&C SESSION

9.00-10.00AM
PERFORMANCE GYM
(CRI)