

CLUBWORX

SMALL GROUP TRAINING SCHEDULE

2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	LM Shapes (pilates + barre) (Garage)	LM Strength Development (Garage)	Conditioning (Garage)	LM Strength Development (Garage)	Kickboxing (Garage)	
10:30 AM					LM Shapes (pilates + barre) (Garage)	Workout Roulette (Garage)
11:00 AM	Senior Conditioning (Perf 2)	Senior TRX (Perf 2)	Senior Strength & Fitness (Perf 2)	Senior TRX (Perf 2)	Senior Strength & Fitness (Perf 2)	
11:30 AM						
12:00 PM	Senior Thrive (Perf 2)		Senior Conditionioing (Perf 2)		Senior Conditioning (Perf 2)	
12:30 PM						
6:00 PM	Kickboxing (Garage)	Workout Roulette (Garage)	LM Strength Development (Garage)	LM Shapes (pilates + barre) (Garage)		

Last Updated 9/15/2026