



OUTDOOR CLASSES



THE ATLANTIC CLUB

Beginning April 12th classes are moving outdoors!

MONDAY

8:00am HIIT Circuit
9:15am HIIT Circuit
4:30pm Body Pump
5:30pm HIIT Circuit
6:30pm Zumba

TUESDAY

8:00am Body Pump
9:00am Strength 45
10:15am HIIT Strength
11:00am Walking Workout
11:00am Dancetone
5:00pm Zumba
6:30pm Strength 45

WEDNESDAY

8:00am HIIT Circuit
9:00am Body Pump
5:00pm Body Pump
6:00pm HITT Strength

THURSDAY

8:00am Body Pump
9:15am HIIT Strength
10:15am HIIT Circuit
11:00am Walking Workout
11:00am LaBlast
5:00pm Zumba
6:00pm HIIT Circuit

FRIDAY

8:00am HIIT Circuit
9:15am HIIT Circuit
4:30pm Body Pump

SATURDAY

7:00am HIIT Circuit
8:00am Body Pump
9:00am Zumba
10:00am HIIT Circuit

SUNDAY

8:30am Body Pump
9:30am HIIT Circuit
10:30am HIIT Circuit

Register on the App for all classes. In case of inclement weather, instructors will message you through the App with location change. *Outdoor Yoga classes and early 5:30am classes coming mid May!*