



TRIFIT Group Fitness Schedule

Day	Time	Class	Instructor
Mon	7:30 am	Functional Training	Ben Hawkinson
	8:30 am	Strength & Conditioning	Bastien Hattiger
	12:00 pm	TRX	Jimmy Guerrero
	12:30 pm	Vinyasa Flow	Steve Jones
	1:30 pm	Meditation: Inspiration + Digestion	Jackson Lynch
	5:00 pm	Swim Workout	Moses Wolfe-Polgar
	5:30 pm	Cycling	Sara McGinnis
	5:30 pm	HIIT	Jimmy Guerrero
	6:00 pm	Swim Workout	Moses Wolfe-Polgar
	6:15 pm	Vinyasa Flow	Sophie Clemo
	6:30 pm	Strength & Conditioning	Sevdi Simnica
Tue	8:00 am	HIIT	Aaron Newton
	12:30 pm	HIIT	Jimmy Guerrero
	1:00 pm	Vinyasa Flow	Sophie Clemo
	5:30 pm	Cycling	Allison Mac
	5:30 pm	Kinstretch	Jimmy Guerrero
	5:30 pm	Functional Training	Ben Hawkinson
	6:30 pm	Boxing	Fernando Russo
	7:30 pm	Iyengar Yoga	Yasmin Shirangi
Wed	7:30 am	Functional Training	Ben Hawkinson
	8:30 am	Strength & Conditioning	Bastien Hattiger
	12:00 pm	Swim Workout	Moses Wolfe-Polgar
	12:00 pm	TRX	Jeff Wells
	4:00 pm	Breathwork: Breathing for Relaxation	Jackson Lynch
	5:30 pm	HIIT	Jimmy Guerrero
	6:15 pm	Vinyasa Flow	Sophie Clemo
	6:30 pm	Cycling	Bernard Baski
	6:30 pm	Strength & Conditioning	Sevdi Simnica
Thu	8:00 am	HIIT	Jimmy Guerrero
	12:30 pm	HIIT	Jimmy Guerrero
	1:00 pm	Vinyasa Flow	Sophie Clemo
	5:30 pm	Kinstretch	Jimmy Guerrero
	5:30 pm	Functional Training	Ben Hawkinson
	6:00 pm	Squash Round Robin	-
	6:30 pm	Boxing	Fernando Russo
Fri	7:00 am	Swim Workout	Moses Wolfe-Polgar
	7:30 am	Functional Training	Aaron Newton
	12:00 pm	Cycling	Jeff Wells
	1:00 pm	Destress Yoga	Steve Jones
	5:00 pm	Strength & Conditioning	Bastien Hattiger
Sat	9:30 am	HIIT	Aaron Newton
	10:30 am	Cycling	Bernard Baski
	11:00 am	Iyengar Yoga	Yasmin Shirangi
Sun	9:00 am	Squash Round Robin	-
	9:30 am	HIIT	Aaron Newton
	10:00 am	Cycling	Allison Mac