ZONE 360

FALL SCHEDULE

MONDAY

5:30am-6:30am	**Zone60** Syed
6:45am-7:45am	**Zone60** Syed
8:00am - 8:30am	**Strength 30** Constance
8:45am-9:15am	**Strength 30** Constance
9:30am-10:30am	**Zone60** Syed
12:30pm-1:00pm	**Strength 30** Michael
4:30pm-5:15pm	**Fusion45** Michael
5:30pm-6:00pm	**Strength 30** Rotation

TUESDAY

5:30am-6:30am	**Zone60** Leslie
6:45am-7:45am	**Zone60** Leslie
8:00am - 8:45am	**Fusion45** Syed
9:00am-9:45am	**Fusion45** Syed
10:30am-11:00am	**Strength30** Cody
12:30pm-1:00pm	**Strength30 Upper Body** Michael
6:00pm-6:45pm	**Fusion45** Syed

WEDNESDAY

5:30am-6:30am	**Zone60** Michael
6:45am-7:45am	**Zone60 Michael**
9:30am-10:15am	**Strength45** Leslie
10:30am-11:00am	**Strength30** Cody
12:30pm-1:00pm	**Strength30** Michael
4:30pm-5:15pm	**Fusion45** Rotation
5:30pm-6:00pm	**Strength30** Constance

THURSDAY

5:30am-6:15am	**Strength45** Leslie
6:30am-7:15am	**Strength45** Leslie
8:00am-8:45am	**Fusion45** Syed
12:30pm-1:00pm	**Strength30 Upper Body** Syed

FRIDAY

5:30am-6:30am	**Zone60** Syed
6:45am-7:45am	**Zone60** Syed
8:00am-8:45am	**Strength45** Constance
9:00am-9:45am	**Strength45** Michael
12:30pm-1:00pm	**Strength30** Michael

SATURDAY

6:30am-7:30am	**Zone60** Rotation
7:45am-8:45am	**Zone60** Rotation
9:00am-10:00am	**Zone60** Rotation

SUNDAY

8:00am-8:45am	**Fusion45** Cody
9:00am-9:45am	**Fusion45** Cody













Class registration will open at 12pm the day prior.
For up-to-date instructor scheduling please refer to the WSC App and class listings.
Class offerings and instructor scheduling are subject to change.

Due to the class format and allow members to enjoy the best experience, instructors will be closing and locking the door promptly at the start of class. We appreciate your timeliness and preparation. No exceptions will be made.

Updated 11/3/26