



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 Michael

WEDNESDAY

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

FRIDAY

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

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 Arms & Abs Michael
4:00pm-4:45pm	F.A.S.T for Teens Syed
6:00pm-6:45pm	Fusion45 Syed

THURSDAY

5:30am-6:15am	Strength45 Leslie
6:30am-7:15am	Strength45 Leslie
8:00am-8:45am	Fusion45 Syed
12:30pm-1:00pm	Strength30 Legs & Core Michael
4:00pm-4:45pm	F.A.S.T for Teens George
6:00pm-6:45pm	Fusion45 George

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.