

TEAM TRAINING SCHEDULE



STRENGTH

CONDITIONING

HYROX

HYBRID

XPRESS
RECOVER

XPRESS
HYBRID

	MON	TUE	WED	THU	FRI	SAT
MORNING	5:00 STRENGTH LAB	5:00 QUICK HIIT	5:00 STRENGTH LAB	5:00 QUICK HIIT	5:00 STRENGTH LAB	7:00 STRENGTH LAB
	6:00 JOLT CLASSIC	5:30 CORE FLEX	6:00 JOLT CORE	5:30 CORE FLEX	6:00 JOLT CLASSIC	7:00 KB INSANITY
	6:30 UNIQUE WOD KETTLEBELL	6:00 BELLS XPRESS		6:00 BELLS XPRESS	6:30 UNIQUE WOD KETTLEBELL	7:15 CORE CENTRIC
	8:30 BOX FIT	6:30 JOLT 30		6:30 JOLT 30	8:30 BOX FIT	8:30 HYROX
	9:30 JOLT CLASSIC	7:00 STRENGTH LAB	9:30 JOLT CORE	7:00 HYROX	9:30 JOLT CLASSIC	9:15 JOLT CLASSIC
		10:00 JOLT CLASSIC	10:30 FIT MAMA	10:00 KB INSANITY	10:30 FIT MAMA	9:30 CORE FLEX
						SUN MORNING
AFTERNOON / EVENING	4:30 IRON TREAD	3:30 JOLT CLASSIC		3:30 JOLT CLASSIC		7:30 QUICK HIIT
	4:30 HUSTLE & MUSCLE	4:30 JOLT CLASSIC	4:30 STRENGTH LAB	4:30 JOLT CLASSIC	4:30 JOLT CLASSIC	8:00 FIT MAMA
	5:30 JOLT CLASSIC	5:30 HUSTLE & MUSCLE	5:30 JOLT CORE	5:30 CORE FLEX	5:30 QUICK HIIT	8:00 BOX FIT
	5:30 UNIQUE WOD	6:30 BOX FIT	5:30 UNIQUE WOD	5:30 UNIQUE WOD		9:00 BOOST!
	6:30 JOLT BOX			6:00 BOX FIT		9:00 JOLT CLASSIC

*CLASSES WITH CONSISTENT LOW ATTENDANCE ARE SUBJECT TO CHANGE.

TEAM TRAINING



CLASS DESCRIPTIONS

STRENGTH CLASSES

STRENGTH LAB

Strength-based circuit. Use barbells, kettlebells and dumbbells to increase your strength and sculpt your physique while cheering on your classmates and pushing to a strong finish for all.

CORE CENTRIC

Unleash your inner athlete with Cross Core suspension training system! Focus on speed, agility, coordination, balance, and reaction time—key skills for athletic performance and everyday fitness. Whether you play sports or just want to train like an athlete, this class is for you. All fitness levels welcome.

CONDITIONING CLASSES



High-intensity interval training (HIIT) program, designed for real results in a short, focused time. Move through three progressive phases: Base (foundation), Build (muscle growth), and Burn (fat loss) to target specific goals to help your body peak at the right time. Expect measurable progress and lasting results.

JOLT Box: bring your gloves and get ready to strike.

JOLT Core: Suspension training brings a special attention to your trunk.

IRON TREAD

Push your limits in this fast-paced 45-minute class that blends treadmill intervals with strength circuits. Whether you run, jog, or walk, this workout is built for all levels. Boost your endurance, build strength, and burn serious calories every time you show up.

BOX FIT

A fun, high-intensity boxing workout for total-body conditioning. You'll hit the bag, work combos, drills, and core—all while building strength and endurance. Gloves and wraps required. All levels welcome.

HYBRID CLASSES

HUSTLE & MUSCLE

Put some hustle behind that muscle! This high-energy circuit class combines strength and cardio using equipment like tires, sleds, plyo boxes, and more. Every class is different, keeping workouts fun, intense, and unpredictable.

UNIQUE WOD

UNIQUE WOD is Unique Fitness' signature high-intensity strength and conditioning class. Every session delivers a new "Workout of the Day" (WOD) combining functional strength training, cardio, and athletic drills to challenge your entire body. No two workouts are the same—you'll lift, push, jump, sprint, and sweat through dynamic, constantly varied routines.

FIT MAMA

Specifically designed to support Moms on their postpartum journey, be it 6 weeks or 20 years out. A total body strength class, improving endurance, and improving pelvic stability. Get fit and build a sense of community with other Mamas! All fitness levels welcome.

KB INSANITY

Challenge yourself in this boot style camp class, using kettlebell movements to target your entire body. Build strength, endurance, power, and core stability—all in one high-intensity workout. All fitness levels welcome. Let's HIIT the Bells!

HYROX

HYROX

Push your limits in this high-performance training class inspired by the global HYROX fitness competition. Designed to build strength, endurance, and athletic power, HYROX combines functional movements, cardiovascular conditioning, and performance-driven circuits in a structured format. Whether you're preparing for a HYROX event or just looking to train like an athlete, this class will challenge every level and deliver serious results. Expect: sled pushes, rowing, wall balls, burpees, and more—all in a race-against-the-clock style environment. All fitness levels welcome. Modifications available.

MOBILITY & STABILITY CLASSES

CORE FLEX

30 minutes. Let us chisel your core, while increasing flexibility and mobility.

IRON FLOW

Greet the day with this balanced full-body workout incorporating the power of kettlebell strength training with the flexibility and mindfulness of yoga. Improves strength, mobility, and balance. Leaving you both energized and centered in just 30 minutes.

GROUND CONTROL

Commencing countdown, engines on. Use bodyweight and minimal equipment to target core strength, stability, and functional fitness in this 30-minute sweat sesh. Ideal for all levels looking to enhance strength from the ground up.

XPRESS HYBRID CLASSES

BELLS XPRESS

Short on time, big on results. Maximize your fitness in a snappy 30-minute class using 3 kettlebells or less, to build strength and power.

QUICK HIIT

Fast paced, endurance building 30 minutes class. We'll push the limits and get fired up getting you ready for whatever comes next.



LISTEN TO YOUR ❤️



CHEST STRAP H10: \$110
ARM BAND OH1+: \$110

A Personal Performance Monitor insures that you are working out to your fullest potential, knowing when to push more or reserve your energy. It's important to know how your heart rate impacts the end results of your training, no matter which class you take. During TEAM Training classes, your coaches and trainers will educate you on why it's important to understand this heart rate response and how it relates to the specific goals of the class format and of you as an individual. We strongly recommend purchasing one of the models below at the reception desk or you can choose to rent them for each class for just \$5. Please see a staff member for more details.

* SOME CLASSES LISTED ARE NOT ON CURRENT SCHEDULE *