

# TEAM TRAINING SCHEDULE



	STRENGTH	CONDITIONING	HYROX	HYBRID	STUDIO	XPRESS HYBRID
	MON	TUE	WED	THU	FRI	SAT
MORNING	<b>5:00</b> STRENGTH LAB	<b>5:00</b> QUICK HIIT	<b>5:00</b> HUSTLE & MUSCLE	<b>5:00</b> QUICK HIIT	<b>5:00</b> HUSTLE & MUSCLE	<b>7:00</b> STRENGTH LAB
	<b>6:00</b> JOLT CLASSIC	<b>5:30</b> CORE FLEX	<b>6:00</b> JOLT STRENGTH	<b>5:30</b> UNIQUE WOD	<b>6:00</b> JOLT CLASSIC	<b>7:00</b> KB INSANITY
	<b>6:30</b> HYROX	<b>6:00</b> JOLT BARRE30		<b>6:00</b> JOLT BARRE30	<b>6:30</b> UNIQUE WOD KETTLEBELL	<b>7:15</b> CORE CENTRIC
		<b>6:30</b> BELLS EXPRESS		<b>6:30</b> UNIQUE WOD30	<b>8:30</b> BOX FIT	<b>8:30</b> HYROX
	<b>9:30</b> JOLT CLASSIC	<b>7:00</b> STRENGTH LAB	<b>9:30</b> JOLT STRENGTH	<b>7:00</b> HYROX	<b>9:30</b> JOLT CLASSIC	<b>9:15</b> JOLT CLASSIC
	<b>10:30</b> JOLT BARRE	<b>10:00</b> JOLT CROSS CORE	<b>10:30</b> FIT MAMA	<b>10:00</b> KB INSANITY	<b>10:30</b> FIT MAMA	<b>9:30</b> CORE FLEX
						<b>SUN</b>
						<b>MORNING</b>
	<b>4:30</b> IRON TREAD	<b>3:30</b> JOLT CROSS-CORE		<b>3:30</b> JOLT CROSS-CORE		<b>7:30</b> QUICK HIIT
	<b>4:30</b> HUSTLE & MUSCLE	<b>4:30</b> JOLT BOX	<b>4:30</b> STRENGTH LAB	<b>4:30</b> JOLT BOX	<b>4:30</b> JOLT CLASSIC	<b>8:00</b> FIT MAMA
AFTERNOON / EVENING	<b>5:30</b> JOLT BARRE	<b>5:30</b> HUSTLE & MUSCLE	<b>5:30</b> JOLT STRENGTH	<b>5:30</b> UNIQUE WOD	<b>5:30</b> QUICK HIIT	<b>8:00</b> BOX FIT
	<b>5:30</b> UNIQUE WOD	<b>6:30</b> BOX FIT	<b>5:30</b> UNIQUE WOD	<b>5:30</b> UNIQUE WOD		<b>9:00</b> JOLT BARRE
	<b>6:30</b> JOLT BOX			<b>6:00</b> BOX FIT		<b>9:00</b> BOOST

\*CLASSES WITH CONSISTENT LOW ATTENDANCE ARE SUBJECT TO CHANGE.

# TEAM TRAINING



## CLASS DESCRIPTIONS

### JOLT STUDIO CLASSES



#### IRON TREAD

#### KB INSANITY

#### FIT MAMA

#### HUSTLE & MUSCLE

#### UNIQUE WOD & WOD30



#### CORE FLEX

#### BELLS XPRESS

#### QUICK HIIT

#### BOX FIT

### CLASS DESCRIPTIONS

### JOLT STUDIO CLASSES

Classic: 3 stations: row, tread, strength, equal intervals. A high energy class that will test your cardio and strength endurance. Based on true periodization and training with proven methods and techniques to provide max results.

Barre and Barre30: Alternate between the rower and the barre for a high intensity, low impact class that will give you the shakes.

Jolt CrossCore: Reduced time on the rower and tread allows for more time in the weight room, challenge yourself with the CrossCore bodyweight, patented pulley suspension system. Build strength and stability while working on your core.

Jolt Strength: minimal cardio, maximum strength. Progressive strength programming will teach beginners proper lifting techniques while allowing advanced lifters to hit new personal best.

Jolt Box: Bring your gloves and get ready to sweat it out and punch it out in this high intensity, heart pumping, energetic class.

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.

KB INSANITY: Challenge yourself in this boot-camp style, 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!

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.

### TURF 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 & WOD30: 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.

CORE FLEX: 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.

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

QUICK HIIT: 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.

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

### BAG AREA CLASSES

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.

**POLAR**  
LISTEN TO YOUR HEART

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.



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

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.