

OLD BRIDGE POWERHOUSE 2019 FALL SCHEDULE

MOTIVATION MONDAY

5:30 AM
HIIT THE
FLOOR
LEGS

9 AM
SPIN

9:45 AM
TOTAL
BODY TONE

5 PM
POWER YOGA

6PM
INTENSE TONE

6:45 PM
SPIN

7:30 PM
BOXING

TURN IT UP TUESDAY

5:30 AM
HIIT THE
FLOOR
UPPER BODY

8:30 AM
VINYASSA
FLOW

9 AM
SPIN

9:30 AM
Core too Booty

6 PM
ZUMBA STRONG

6:30 PM
SPIN

7 PM
XPRESS HIIT

7:30 PM
STRENGTH AND
FLEXIBILITY YOGA

WARRIOR WEDNESDAY

5:45 AM
SPIN

8:30AM
WARRIOR
FLOW

9 AM
STEP

9:45 AM
CONDITION
AND TONE

6PM
HEATED
FLOW

6:30 PM
ZUMBA

THROW IT BACK THURSDAY

5:30 AM
HIIT THE
FLOOR LEGS

9AM
SLT YOGA

9:30AM
CARDIO
TUFF TURF
MASHUP

6:30PM
TONING
KICKBOXING

FUN FRIDAY

5:30 AM
HIIT THE
FLOOR
UPPER BODY

9:30 AM
TOTAL BODY

10:30AM
(First Fridays)
YOGA KIDS
(with parent)

6PM
ZUMBA

SWEAT SATURDAY

7 AM
SPIN

8AM
L.A.B

9AM
MULTI LEVEL
YOGA FLOW

9AM
THE MASHUP
HIIT AND
TONE

10AM
YOGA

SELF CARE SUNDAY

POWERHOUSE
FAMILY GYM FITNESS