

Omega Performance Training Class Schedule

	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Boot Camp	M3 Meditation	Boot Camp	Boot Camp	Boot Camp	Boot Camp		N O C I A S S E S
6:00 AM								
6:30 AM	Omega Functional Fitness		TRX Cardio Blast	Omega Functional Fitness	TRX Strength	Boyz Club Workout		
7:00 AM								
7:30 AM	Men's Group Training			HIIT Cardio	Men's Group Training			
8:00 AM								
8:30 AM					Mat Pilates			
9:00 AM	TRX Strength Class		Omega Functional Fitness		Omega Functional Fitness	TRX Cardio Blast		
9:30 AM								
10:00 AM	Women's Group Training		HIIT Cardio		Women's Group Training	HIIT Cardio		
10:30 AM								
11:00 AM				TRX Cardio Blast				
11:30 AM								
12:00 PM	Omega Functional Fitness		TRX Strength Class	Omega Functional Fitness	TRX Cardio Blast	Omega Functional Fitness	TRX Strength	
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM		Omega Functional Fitness	HIIT Cardio	Mat Pilates	HIIT Cardio			
5:30 PM	Fitness Fundamentals							
6:00 PM	TRX Cardio Blast		Omega Functional Fitness	TRX Strength	Omega Functional Fitness	Happy Hour Functional Fitness Blast		
6:30 PM								
7:00 PM	Omega Performance Flexibility		Bells & Straps	Omega Functional Fitness	TRX Strength			
7:30 PM	Kettlebells							
8:00 PM					Mat Pilates	HIIT Cardio	Kettlebells	
8:30 PM	HIIT Cardio							
9:00 PM								
9:30 PM								
10:00 PM								

* - Indicates a paid class, that is available to members and non-member. Ask a staff member about prices.