

BEGINNERS: 3 classes / week, and a day of rest in between. You will hit every muscle group 1x per week. MON/WED/FRI - or - TUES/THURS/SAT.

INTERMEDIATE/ADVANCED: 5-6 classes / week. You will hit each muscle group 2x per week. For 4-5x per week we recommend our full body class on Sundays. If not, stick with your schedule and you will achieve balance over the course of the month.

SPORADIC SCHEDULE?: For example: Mon, Tues, Fri - Be consistent. You will achieve balance over the course of the month.

MISSED A DAY?: We recommend our full body class on Sundays

CAN I COME WORKOUT IF I'M SORE?: Yes! We will be hitting different muscle groups than the day prior, so you can actually workout and burn calories 6 days a week while also promoting muscular recovery!

MUSCULAR IMBALANCES: If you have a muscular imbalance and want to correct it, simply just pick the days we hit the muscle you want to work on and attend those classes until it is corrected. We recommend our full body class on Sundays as well for maintenance and to retain strength.

MOST IMPORTANTLY!: The most important thing is to pick your workout schedule and stay consistent with it!

*IF YOU ARE UNSURE OF WHICH WEEK WE ARE ON, JUST ASK YOUR TRAINER :)