



Start Date: September 15th, 2025

No classes October 13th, 2025

Reduced schedule November 11th, 2025

No classes December 24th, 2025 – January 4th, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNINGS (AM)					
	6:00 – 6:45 TREVOR Tuesday Mornin’ Tune-up	7:00 – 7:45 TREVOR Midweek Mayhem	6:00 – 6:45 DOUG Mornin’ Warriors		
LUNCH TIME (AM/PM)					
	10:00 – 10:20 SHERRY POWER CORE 20				
10:50 – 11:50 BRENDA RAGE for 30! Then stay for RESTORE!	10:30 – 11:00 SHERRY Bootcamp EXPRESS	10:30 – 11:00 SHERRY Bootcamp EXPRESS		10:30 – 11:00 RICARDO Bootcamp EXPRESS	10:15 – 11:00 DOUG BURN AND BRUNCH
11:20 – 11:50 BRENDA JUST Restore	11:10 – 11:55 SHERRY Interval Insanity	11:05 – 11:50 SHERRY Adrenaline HIIT	11:15 – 12:00 RIAZ Power Hour Pump	11:15 – 12:00 BRENDA Fitness Fanatic Fridays	
12:00 – 12:45 BRENDA Bulid & Burn	12:00 – 12:30 SHERRY Bootcamp EXPRESS	12:10 – 12:55 RICARDO Adrenaline HIIT (Round 2)	12:15 – 1:00 RIAZ Power Hour Pump (Round 2)	12:10 – 12:55 BRENDA Fitness Fanatic Fridays (Round 2)	
12:55 – 1:25 BRENDA Bulid & Burn EXPRESS		1:05 – 1:35 SHERRY Bootcamp EXPRESS			
EVENINGS (PM)					
	5:30 – 6:15 RIAZ Metcon Massacre		5:00 – 5:45 RIAZ Metcon Massacre		



MATRIX STUDIO

RAGE for 30! Then stay for RESTORE!

RAGE: 30 minutes high intensity bootcamp THEN sign up for RESTORE: 30 minutes of mobility, release, and stretch to improve function and decrease injury. THE BEST of both worlds!

Just RESTORE!

RESTORE: 30 minutes of mobility, release, and stretch to improve function and decrease injury.

Build & Burn

This class will challenge every aspect of your fitness by including strength and core training to build muscle and tone your body, plus cardio intervals, HIIT training and metabolic conditioning to help you burn calories both during, and after the class is done!

Build & Burn EXPRESS

This 30-minute EXPRESS class will challenge every aspect of your fitness by including strength and core training to build muscle and tone your body, plus cardio intervals, HIIT training and metabolic conditioning to help you burn calories both during, and after the class is done!

Mornin' Tune-up with Trev!

Tuesday Morn' Tune-up with Trev! Start your week right with a High Intensity morning workout. All levels welcome!

POWER CORE 20

A fast, focused 20-minute class designed to strengthen and sculpt your core. Expect targeted exercises that build stability, improve posture, and boost overall core strength.

Bootcamp Express (30 min. HIIT)

Bootcamp Express is a full body workout working your cardiovascular system and strength training simultaneously. This workout is sneaky hard!

Interval Insanity

This type of HIIT workout that aims to yield the most benefits in a short amount of time. This class will utilize a variety of exercises to increase your aerobic capacity and anaerobic capacity. In simple terms, you will burn a ton of calories, get stronger, leaner, and overall healthier.

Metcon Massacre

45 glorious minutes of hard-hitting full body mayhem! These full body moderate to high intensity conditioning based workouts will leave you dripping sweat with no regret.

Midweek Mayhem

A high-energy Functional Fitness class that combines cardio and strength training to help you get the most out of your workout. Build strength, boost endurance, and improve overall fitness so you're ready for any activity outside the gym. Perfect for all levels - whether you're a beginner, seasoned athlete, or anywhere in between!

Adrenaline H.I.I.T.

This is a total body, heart pumping, aerobic and strength conditioning workout. This High Intensity Interval Training class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance, and clear your mind.

Mornin' Warriors

This class has it all: TRX, kettlebells, battle ropes and more! By combining strength training and cardio, you'll sweat hard, see results, and have fun FIRST THING IN THE MORNIN'. There will be a focus on form and modifications for every level.

Power Hour Pump

The body tune at noon! Total body strength based resistance training circuits, designed to enhanced physique and performance. Sculpt muscle, carve curves, and marvel at your hard earned results.

Fitness Fanatic Fridays

Start the weekend off right with this 45-minute total body bootcamp, that uses strength training and stress relief movements to help sweat the day away!

Burn and Brunch

Come BURN with us this weekend! This class combines short intervals of intense exercise with short periods of rest. Mixing aerobic and resistance training to help build strength, cardiovascular endurance, and muscle endurance.