

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
6am	Body Step	Body Pump	Body Step	Body Pump		8:30am>	Body Pump
9:30am	Body Pump		Body Pump			9:30am>	Body Combat
12:10pm (45min)>	Body Combat	Body Pump	Body Combat	Body Pump	Body Balance		
3:30pm	* Hapkido Kids		* Hapkido Kids				
5:30pm	Body Pump	H.I.I.T.	Body Pump	H.I.I.T.			
6pm		Stretch n' Roll					
6:30pm	Body Balance	* Hapkido	Body Combat	* Hapkido			
7:15pm		* Kickboxing		* Kickboxing			

* Note: Hapkido and Kickboxing classes are run by KMA Black Belt Success School. Aspyre Fitness members receive 4 free sessions.

RPM Studio

Time	Tuesday	Thursday	Friday	Sunday
6am			RPM	
9:30am				RPM
1pm	RPM	RPM		
6pm	RPM			