

Monday

Vinyasa Yoga

7:00 am | 60 min
Studio 2-3
Nia

Cycle Express

7:00 am | 30 min
RWC Studio
Judson

HIIT

11:30 am | 60 min
Studio 2-3
Mikel

MMA Conditioning

12:00 pm | 60 min
RWC Studio
Ricky

Cycle Rush

1:00 pm | 45 min
Studio 1
Advin

Pilates

2:00 pm | 45 min
Studio 2-3
Sam ★

MMA Conditioning

4:00 pm | 45 min
Studio 2-3
JaVaa

Zumba

5:00 pm | 60 min
Studio 2-3
Erica

Tuesday

Cycle Express

6:30 am | 30 min
Studio 1
Judson

Bootcamp

9:00 am | 45 min
Studio 2-3
Finn

Yin Yoga

12:00 pm | 60 min
Studio 2-3
Cece ★

Beginner Calisthenics

1:15 pm | 45 min
Studio 2-3
Ben

Bootcamp

2:30 pm | 60 min
Studio 2-3
Finn

Werk It!

4:00 pm | 60 min
Studio 2-3
Noah

Power Pilates

5:00 pm | 60 min
Studio 2-3
Sam

MMA Conditioning

6:00 pm | 45 min
RWC Studio
Evan

Cycle Fuego

6:00 pm | 45 min
Studio 1
Becky

Boxing

7:00 pm | 60 min
RWC Studio
Ricky

Wednesday

Vinyasa Yoga

7:00 am | 60 min
Studio 2-3
Danielle

HIIT

11:30 am | 60 min
Studio 2-3
Mikel

MMA Conditioning

12:00 pm | 60 min
RWC Studio
Ricky

Cycle Rush

1:00 pm | 45 min
Studio 1
Advin ★

Pilates

2:00 pm | 45 min
Studio 2-3
Sam

MMA Conditioning

4:00 pm | 45 min
Studio 2-3
JaVaa

Zumba

5:00 pm | 60 min
Studio 2-3
Erica ★

Thursday

Cycle Express

6:30 am | 30 min
Studio 1
Marcus ★

Bootcamp

8:00 am | 45 min
Studio 2-3
Advin

Yin Yoga

12:00 pm | 60 min
Studio 2-3
Cece

Beginner Calisthenics

1:15 pm | 45 min
Studio 2-3
Ben

Werk It!

4:00 pm | 60 min
Studio 2-3
Noah

MMA Conditioning

6:00 pm | 45 min
RWC Studio
Evan

Cycle Fuego

6:00 pm | 45 min
Studio 1
Becky ★

Muay Thai

7:00 pm | 60 min
RWC Studio
Evan

Vinyasa Yoga

7:00 pm | 60 min
Studio 2-3
Nia

Friday

Cycle Express

7:00 am | 30 min
RWC Studio
Judson

MMA Conditioning

12:00 pm | 60 min
RWC Studio
Ricky

Taekwondo

5:00 pm | 60 min
Studio 2-3
JaVaa

Saturday

Zumba

10:15 am | 45 min
Studio 2-3
Erica

Bootcamp

10:30 am | 60 min
RWC Studio
Finn

Guts & Butts

12:15 pm | 45 min
Studio 2-3
Becky

Sunday

Guts & Butts

11:15 am | 45 min
RWC Studio
Becky

Key

Kennesaw Campus

Marietta Campus

Instructional Series

(Registration required)

Virtual Class - ★
(Registration required)

Instructional Registration



Class Descriptions



Virtual Registration

