

Monday

Vinyasa Yoga

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

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
Marcus

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

Power Pilates

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

MMA Conditioning

6:00 pm | 45 min
RWC Studio
Evan

Cycle Fuego

7:00 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

7:00 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

MMA Conditioning

6:00 pm | 45 min
RWC Studio
Evan

Vinyasa Yoga

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

Cycle Fuego

7:00 pm | 45 min
Studio 1
Becky ★

Muay Thai

7:00 pm | 60 min
RWC Studio
Evan

Friday

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

11:15 am | 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

