


#garagegirlfitness

Schedule Updated 5.14.25

(To book a class, select "book a class" at garagegirlfitness.net)

To reserve your spot for a 12 week session, email Rose at garagegirlfitness@gmail.com. Don't see a time you like and have 2 people to do it with you, let me know and I will add it. We also offer Personal Training, Macro Nutrition Coaching & Group Training at your location.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>7:00-7:30am</u> Spin * AVAILABLE ONLINE AND IN PERSON 12 Weeks (3/23-6/22: No Class 3/16, 4/20, 6/15) <u>7:35-8:20am</u> "Elevated" Muscle * AVAILABLE ONLINE AND IN PERSON 12 Weeks (3/23-6/22: No Class 3/16, 4/20, 6/15)	<u>5:45-6:30am</u> Barbell/TRX/KBELL * AVAILABLE ONLINE AND IN PERSON *12 Weeks ↑↑↑↑ This class may be done with free weights. 3/31-6/30 (No Class 5/26, 6/16)	<u>5:15-5:45am</u> Spin <u>5:50-6:35am</u> Muscle * AVAILABLE ONLINE AND IN PERSON *12 Weeks 4/29-7/22 (No Class 6.17)	<u>5:45-6:30am</u> Cardio Bags * AVAILABLE ONLINE AND IN PERSON 5:45-6:30am *12 Weeks 4/2-6/25 (No Class 6/18)	<u>5:50-6:20am</u> Muscle ONLINE ONLY FOR GARAGE PEEPS *12 Weeks 4/3-6/26 (No class 6/19)	PERSONAL TRAINING AVAILABLE! 	<u>7:15-8:00am</u> Pilates * AVAILABLE ONLINE AND IN PERSON *12 WEEKS 4/12-7/5 (No Class June 14)
	<u>6-6:45pm</u> TRX * AVAILABLE ONLINE AND IN PERSON *12 Weeks ↑↑↑↑ This class may be done with free weights. 5/19-8/18 (No 5/26, 6/16)	<u>5:45-6:30pm</u> Cardio Bags <u>6:30-7pm</u> ⇒ Muscle on the Mat * AVAILABLE ONLINE AND IN PERSON 4/15-7/8 (No Class 6/17)		<u>7-7:40am</u> Cardio Bags * AVAILABLE ONLINE AND IN PERSON 5/22-8/14 (No 7/3)		CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.