


# #garagegirlfitness

**Schedule Updated 6.17.26**

(To book a class, select "book a class" at [garagegirlfitness.net](http://garagegirlfitness.net))

To reserve your spot for a 12 week session, email Rose at [garagegirlfitness@gmail.com](mailto: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   |
|---|---|---|---|--|---|--|
| <p><b>7:30-8:20am</b><br/><b>"Elevated" Muscle</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p><b>7:30-8:15am</b></p> <p>12 Weeks<br/>5/31-8/30</p> <p>(No Class 5/10, 5/17, 5/24, 6/14, 8/2)</p> <p>Catherine Subbing 8/30</p> | <p><b>5:45-6:30am</b><br/><b>Barbell/TRX/KBELL</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>↑↑↑↑ This class may be done with free weights.</p> <p>12 Weeks<br/>5/4-8/3</p> <p>(No Class 5/25 and 6/29)</p> | <p><b>5:15-5:45am</b><br/><b>Spin</b></p> <p><b>5:50-6:35am</b><br/><b>Muscle</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks<br/>4/28-7/14</p>                  | <p><b>5:45-6:30 am</b><br/><b>Cardio Bags</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks<br/>6/17-9/2</p> | <p><b>5:50-6:20am</b><br/><b>Muscle</b></p> <p><b>* AVAILABLE ONLINE ONLY FOR GARAGE PEEPS</b></p> | <p><b>PERSONAL TRAINING AVAILABLE!</b></p>  <p><b>#garagegirlfitness</b></p> | <p><b>7:15-8:00am</b><br/><i>Pilates</i></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 WEEKS<br/>5/2-8/8</p> <p>No Class 4/25, 5/16, 5/23, 6/13</p> |
|   | <p><b>6-6:45pm</b><br/><b>TRX</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>↑↑↑↑ This class may be done with free weights.</p> <p>12 Weeks<br/>6/15-8/13<br/>(No Class 6/29)</p>                            | <p><b>5:45-6:30pm</b><br/><b>Cardio Bags</b></p> <p><b>6:30-7pm ⇒</b><br/><b>Muscle on the Mat</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks<br/>4/28-7/14</p> |   | <p><b>7-7:40am</b><br/><b>Cardio Bags</b></p> <p>12 Weeks<br/>4/9-7/2</p> <p>(No Class 5/14)</p>   | <p><b>NEW SPIN ROOM IS NOW OPEN</b></p> <p><b>(Even under construction)</b></p>   | <p><b>CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.</b></p>  |