



GARAGE GIRL FITNESS

SUMMER / FALL 2026 CLASS SCHEDULE

Updated 8.24.26 • Class dates & times at a glance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:20 AM Muscle ONLINE + IN PERSON	5:45-6:30 AM Barbell / TRX ONLINE + IN PERSON 12 weeks: 8/10-11/23 No class: 8/31, 9/29, 10/5 Can be done with free weights	5:15-5:45 AM Spin	NEW SESSION 5:45-6:30 AM Cardio Bags ONLINE + IN PERSON 12 weeks: 9/9-12/2 No class: 9/30	5:50-6:20 AM Muscle ONLINE ONLY - GARAGE PEEPS		7:15-8:00 AM Mat Pilates ONLINE + IN PERSON 12 weeks: 5/2-8/22
7:30-8:15 AM 12-Week Session 5/31-9/13 No class: 6/14, 7/12, 8/2, 9/6 Catherine subbing 8/30	6:00-6:45 PM TRX ONLINE + IN PERSON 12 weeks: 6/15-9/21 No class: 6/29, 7/13, 9/7 Can be done with free weights	5:50-6:35 AM Muscle ONLINE + IN PERSON 12 weeks: 7/21-10/20 No class: 9/29, 10/6		7:00-7:40 AM Cardio Bags 12 weeks: 7/9-9/24		NEW SESSION
		5:45-6:30 PM Cardio Bags		NEW SESSION 9:15-10:00 AM Booty Barre & Burn 12 weeks: 9/10-12/10 No class: 10/1, 11/26		7:15-8:00 AM Mat Pilates ONLINE + IN PERSON 9/7-12/5 No class: 9/26, 10/3
		6:30-7:00 PM Muscle on the Mat ONLINE + IN PERSON 12 weeks: 7/21-10/20 No class: 9/29, 10/6	PERSONAL TRAINING 1:1 • BY APPOINTMENT Strength • Form • Accountability Message Rose for availability		NEW SESSION 6:00-7:15 PM Friday '75' Power Pilates 8/21-11/27 No class: 8/28, 9/25, 10/2	MAKE-UP POLICY Classes can only be made up with 8 hours' advance notice of missing class.

READY TO BOOK? garagegirlfitness.net | 12-WEEK SESSION: garagegirlfitness@gmail.com

NEW HERE? Not sure where to start? Message Rose - I will help you choose the class or coaching option that fits you best.

Also available: Personal Training | 1:1 Macro & Nutrition Coaching | Online Classes | Group Training at your location

#garagegirlfitness • Strong has no age limit.