


#garagegirlfitness

Schedule Updated 6.30.26

(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 |
|--|--|--|---|--|--|--|
| <p>7:30-8:20am "Elevated" Muscle</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>7:30-8:15am</p> <p>12 Weeks 5/31-9/13</p> <p>(No Class 6/14, 7/12, 8/2, 9/6)</p> <p>Catherine Subbing 8/30</p> | <p>5:45-6:30am Barbell/TRX/KBELL</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 5/4-8/3</p> <p>(No Class 5/25 and 6/29)</p> <p>Catherine subbing 7/13</p> | <p>5:15-5:45am Spin</p> <p>5:50-6:35am Muscle</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 4/28-7/14</p> <p>*NEW 7/21-10/20 No Class 9/29, 10/6</p> <p>12-12:30pm Lunch Time Online Pilates Ends August 6</p> | <p>5:45-6:30 am Cardio Bags</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 6/17-9/2</p> | <p>5:50-6:20am Muscle</p> <p>* AVAILABLE ONLINE ONLY FOR GARAGE PEEPS</p> | <p>PERSONAL TRAINING AVAILABLE!</p>  | <p>7:15-8:00am Pilates</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 WEEKS 5/2-8/22</p> <p>No Class 4/25, 5/16, 5/23, 6/13, 7/11, 8/1</p> |
| | <p>6-6:45pm TRX</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 6/15-8/20</p> <p>(No Class 6/29, 7/13)</p> | <p>5:45-6:30pm Cardio Bags</p> <p>6:30-7pm ⇒ Muscle on the Mat</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 4/28-7/14</p> <p>*NEW 7/21-10/20 No Class 9/29, 10/6</p> | | <p>7-7:40am Cardio Bags</p> <p>12 Weeks 4/9-7/2</p> <p>(No Class 5/14)</p> <p>*NEW 7/9-9/24</p> | <p>6-7:15am Friday PM Pilates</p> <p>July 17 and 24th.</p> <p>New Session coming.....</p> | <p>CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.</p> |