

GARAGE GIRL FITNESS

FALL 2026 CLASS SCHEDULE

Updated 9.13.26 • Class dates & times at a glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30–8:20 AM Muscle ONLINE + IN PERSON 12-Week Session 5/31–9/13 No class: 6/14, 7/12, 8/2, 9/6 Catherine subbing 8/30	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 5:50–6:35 AM Muscle ONLINE + IN PERSON 12 weeks: 7/21–10/20 No class: 9/29, 10/6	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 7:00–7:40 AM Cardio Bags 12 weeks: 7/9–9/24		7:15–8:00 AM Mat Pilates ONLINE + IN PERSON 9/7–12/5 No class: 9/26, 10/3
NEW SESSION 7:30–8:15 AM 12-Week Session 9/20–12/20 No class: 9/27, 10/4	6:05–6:50 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	5:45–6:30 PM Cardio Bags 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 7:00 AM Cardio Bags 10/8–12/28	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.
	6:05–6:50 PM TRX ONLINE + IN PERSON 12 weeks: 10/12-12/28 Can be done with free weights			NEW SESSION 9:15–10:00 AM Booty Barre & Burn 12 weeks: 9/10–12/10 No class: 10/1, 11/26		

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.