


#garagegirlfitness

Schedule Updated 4.8.26

(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>7:00-7:30am Spin</p> <p>7:35-8:20am "Elevated" Muscle</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 2/8-5/3 (No Class 4/5 Easter)</p> <p>(No Class 5/17, 5/24, 6/14)</p>	<p>5:45-6:30am Barbell/TRX/KBELL * AVAILABLE ONLINE AND IN PERSON</p> <p>↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 1/12-4/27 (No Class 1/19, 1/26 snow, 2/23, 4/6)</p>	<p>5:15-5:45am Spin</p> <p>5:50-6:35am Muscle * AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 1/27-4/21 (No Class 2/24) NEW 4/28-7/14</p>	<p>5:45-6:30 am Cardio Bags * AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks March 25-June 10</p>	<p>5:50-6:20am Muscle * AVAILABLE ONLINE ONLY FOR GARAGE PEEPS</p> <p>(No class 2/19)</p>	<p>PERSONAL TRAINING AVAILABLE!</p>  <p>#garagegirlfitness</p>	<p>7:15-8:00am Pilates * AVAILABLE ONLINE AND IN PERSON</p> <p>12 WEEKS 1/17-4/18 (No Class 2/21)</p> <p>NEW 5/2-8/8 No Class 4/25, 5/16, 5/23, 6/13</p>
	<p>6-6:45pm TRX * AVAILABLE ONLINE AND IN PERSON</p> <p>↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 3/16-6/8 (No class 4/13)</p>	<p>5:45-6:30pm Cardio Bags</p> <p>6:30-7pm ⇒ Muscle on the Mat * AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 1/27-4/21 (No Class 2/24) NEW 4/28-7/14</p>	<p>6:15pm Yoga w Jane 1.14-4.15 (No Class 1/21, March -)</p>	<p>7-7:40am Cardio Bags 12 Weeks 4/9-7/2 (No Class 5/14)</p>	<p>NEW SPIN ROOM IS NOW OPEN</p> <p>(Even under construction)</p>	<p>CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.</p>