

# #garagegirlfitness

**Schedule Updated 3.3.26**

(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>7:00-7:30am</b> <b>Spin</b></p> <p><b>7:35-8:20am</b> <b>"Elevated" Muscle</b></p> <p><b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks NEW 2/8-5/3 (2/22, 4/12, 4/26 Catherine Covering, No Class 4/5 Easter)</p>	<p><b>5:45-6:30am</b> <b>Barbell/TRX/KBELL</b> <b>* AVAILABLE ONLINE AND IN PERSON</b></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><b>5:15-5:45am</b> <b>Spin</b></p> <p><b>5:50-6:35am</b> <b>Muscle</b> <b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks 1/27-4/21 (No Class 2/24)</p>	<p><b>5:45-6:30 am</b> <b>Cardio Bags</b> <b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks 12/17 - 3/18 (No Class 2/18, 2/25)</p>	<p><b>5:50-6:20am</b> <b>Muscle</b> <b>* AVAILABLE ONLINE ONLY FOR GARAGE PEEPS</b></p> <p>(No class 2/19)</p>	<p><b>PERSONAL TRAINING AVAILABLE!</b></p>  <p><b>#garagegirlfitness</b></p>	<p><b>7:15-8:00am</b> <b>Pilates</b> <b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 WEEKS 1/17-4/18 (No Class 2/21)</p>
	<p><b>6-6:45pm</b> <b>TRX</b> <b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 12/8-3/9 (No Class 1.26 Snow, 2.23 Snow)</p> <p><b>NEW</b> 3/16-6/8 (No class 4/13)</p>	<p><b>5:45-6:30pm</b> <b>Cardio Bags</b></p> <p><b>6:30-7pm ⇒</b> <b>Muscle on the Mat</b> <b>* AVAILABLE ONLINE AND IN PERSON</b></p> <p>12 Weeks 1/27-4/21 (No Class 2/24)</p>	<p><b>6:15pm</b> <b>Yoga w Jane</b> 1.14-4.8 (No Class 1/21)</p>	<p><b>7-7:40am</b> <b>Cardio Bags</b> 12 Weeks 12/18-4/3 (No class 2/19, 2/26)</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>