


#garagegirlfitness

Schedule Updated 10.24.25

(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><u>7:00-7:30am</u> Spin</p> <p><u>7:35-8:20am</u> "Elevated" Muscle</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 6/29- 10/26 (No class 7/6, 8/17, 8/24, 8/31, 10/12, 10/19)</p>	<p><u>5:45-6:30am</u> Barbell/TRX/KBELL</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>*12 Weeks ↑↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 10/6-1/6 (No Class 10/13, 10/22, 11/24)</p>	<p><u>5:15-5:45am</u> Spin</p> <p><u>5:50-6:35am</u> Muscle</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks *NEW 10/28-1/20 No Class 11/25</p>	<p><u>5:45-6:30 am</u> Cardio Bags</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 9/17-12/10</p>	<p><u>5:50-6:20am</u> Muscle</p> <p>* AVAILABLE ONLINE ONLY FOR GARAGE PEEPS</p>	<p>PERSONAL TRAINING AVAILABLE!</p>  <p>#garagegirlfitness</p>	<p><u>7:15-8:00am</u> Pilates</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 WEEKS 10/18-1/10 No Class 11/22</p>
<p>NEW</p> <p><u>7:00-7:30am</u> Spin</p> <p><u>7:35-8:20am</u> "Elevated" Muscle</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks (11/3-2/1) (No Class 11/23, 12/7)</p>	<p><u>6-6:45pm</u> TRX</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>↑↑↑↑ This class may be done with free weights.</p> <p>12 Weeks 8/25-11/30 (No Class 9/1, 10/13, 11/24)</p>	<p><u>5:45-6:30pm</u> Cardio Bags</p> <p><u>6:30-7pm</u> ⇒ Muscle on the Mat</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 10/7-1/13 (No Class 10/14, 11/25)</p>	<p><u>6:15-7:15pm</u> Yoga w Jane</p> <p>* AVAILABLE ONLINE AND IN PERSON</p> <p>12 Weeks 9/10-12/3 (No Class 11/26)</p>	<p><u>7-7:40am</u> Cardio Bags</p> <p>12 Weeks 8/21-12/11 (No Class 9/11, 9/18, 10/23, 11/27)</p>	<p>CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.</p>	