

# #garagegirlfitness

## Schedule Updated 2.11.25

(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
<u><b>7:00-7:30am</b></u> <u><b>Spin</b></u> <u><b>7:35-8:20am</b></u> <u><b>"Elevated" Muscle</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 Weeks</b></u> <u><b>NEW</b></u> <u><b>2/8-4/26</b></u> <u><b>(2/22 Catherine Covering)</b></u>	<u><b>5:45-6:30am</b></u> <u><b>Barbell/TRX/KBELL</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 Weeks</b></u> <u><b>1/12-4/20</b></u> <u><b>(No Class 1/19, 1/26 snow, 2/23)</b></u>	<u><b>5:15-5:45am</b></u> <u><b>Spin</b></u> <u><b>5:50-6:35am</b></u> <u><b>Muscle</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 Weeks</b></u> <u><b>1/27-4/14</b></u>	<u><b>5:45-6:30 am</b></u> <u><b>Cardio Bags</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 Weeks</b></u> <u><b>12/17 - 3/11</b></u> <u><b>(No Class 2/18)</b></u>	<u><b>5:50-6:20am</b></u> <u><b>Muscle</b></u> <u><b>* AVAILABLE ONLINE ONLY FOR GARAGE PEEPS</b></u>  <u><b>(No class 2/19)</b></u>	<u><b>PERSONAL TRAINING AVAILABLE!</b></u> 	<u><b>7:15-8:00am</b></u> <u><b>Pilates</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 WEEKS</b></u> <u><b>1/17-4/18</b></u> <u><b>(No Class 2/21)</b></u>
	<u><b>6-6:45pm</b></u> <u><b>TRX</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 Weeks</b></u> <u><b>12/8-3/2</b></u> <u><b>(No Class 1.26 Snow)</b></u>	<u><b>5:45-6:30pm</b></u> <u><b>Cardio Bags</b></u>  <u><b>6:30-7pm</b></u> $\Rightarrow$ <u><b>Muscle on the Mat</b></u> <u><b>* AVAILABLE ONLINE AND IN PERSON</b></u>  <u><b>12 Weeks</b></u> <u><b>1/27-4/21</b></u> <u><b>(No Class 2/24)</b></u>	<u><b>6:15pm</b></u> <u><b>Yoga w Jane</b></u> <u><b>1.14-4.8</b></u> <u><b>(No Class 1/21)</b></u>	<u><b>7-7:40am</b></u> <u><b>Cardio Bags</b></u>  <u><b>12 Weeks</b></u> <u><b>12/18-3/26</b></u> <u><b>(No class 2/19)</b></u>	<u><b>NEW SPIN ROOM IS NOW OPEN</b></u>  <u><b>(Even under construction)</b></u>	<u><b>CLASSES CAN ONLY BE MADE UP WITH AN 8 HOUR ADVANCE NOTICE OF MISSING THE CLASS.</b></u>