GARAGE GIRL FITNESS

FALL 2026 CLASS SCHEDULE

Updated 11.22.26 • Class dates & times at a glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30–8:15 AM **Muscle** ONLINE + IN PERSON **12-Week Session** **9/20–12/27** No class: 9/27, 10/4, 11/29 Jane covering 11/1 *NEW 1/3-3/28 No Class 3/7	**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 *NEW 11/30-2/15 **6:05–6:50 PM** **TRX** ONLINE + IN PERSON **12 weeks: 10/12-12/28** Can be done with free weights *NEW ¼-3/29 No Class 3/8	**5:15–5:45 AM** **Spin** **5:50–6:35 AM** **Muscle** ONLINE + IN PERSON **12 weeks: 10/27-1/12** **5:45–6:30 PM** **Cardio Bags** **6:30–7:00 PM** **Muscle on the Mat** ONLINE + IN PERSON **12 weeks: 10/27-1/12**	**5:45–6:30 AM** **Cardio Bags** ONLINE + IN PERSON **12 weeks: 9/9–12/2** **No class: 9/3** *NEW 12/9-2/24 **PERSONAL TRAINING** **1:1 • BY APPOINTMENT** Strength • Form • Accountability Message Rose for availability	**5:50–6:20 AM** **Muscle** ONLINE ONLY - GARAGE PEEPS **7:00–7:40 AM** **Cardio Bags** **10/8–1/5 (no class 10/15)** **9:15–10:00 AM** **Booty Barre & Burn** **12 weeks: 9/10–12/10** No class: 10/1, 11/26 *New 12/17-3/18 No Class 12/24, 3/4	**6:00–7:15 PM** **Friday '75' Power Pilates** **8/21–12/4** No class: 8/28, 9/25, 10/2, 10/23	**7:15–8:00 AM** **Mat Pilates** ONLINE + IN PERSON **9/7–12/5** No class: 9/26, 10/3 *NEW 12/12-3/20 No Class 12/26, 1/23, 3/6 **MAKE-UP POLICY** Classes can only be made up with 8 hours' advance notice of missing class.

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.