

FIRE STUDIO 2023 Winter Class Schedule (1/1/23 - 3/31/23)

*This schedule is subject to change - please consult online schedule for most up-to-date information.

SUN	MON	TUE	WED	THU	FRI	SAT
	6:00-7:00A Hot 26&2 (N) Marissa		6:00-7:00A Hot 26&2 (N) Marissa			8:45-9:45A Pilates *only Shannon
8:45-9:45A Hot HIIT Johannah		9:00-10:00A Pilates* Shannon		9:00-10:00A Pilates* Emily		9:00-10:15A Hot 26&2 (75) Kara
3:00-4:30P Hot 26&2 (90) Kara			4:30-5:30P FlowBurn Johannah		4:30-5:30P FlowBurn Sara	
	5:15-6:15P SlowBurn Lindsay	5:30-6:30P Hot 26&2 Marissa	5:45-6:45P Blaze Johannah	5:30-6:30P Hot 26&2 Marissa	6:00-7:15P Hot 26&2 (75) Marissa	
	6:30-7:30P Spark Marissa	6:45-7:45P Simmer Jennifer		6:45-7:45P Simmer Marissa		

Schedule Key:

- Not Heated
- Warm
- Hot
- Very Hot

Class Name* = virtual option

For more info, visit gmcf.life/firestudio