

2024 Jeneration Class Schedule

(Classes are 45 minutes)

Monday : 5:45am, 8:30am, 9:30am, 4pm, 6pm TRX

Open Gym 5:30am-7:30am & 8:30am-7pm

Tuesday : 6pm Barre

Open Gym 8:30- 7pm

Wednesday : 5:45am, 8:30am, 9:30am, 4pm

Open Gym 5:30am-7:30am & 8:30am-7pm

Thursday : 5:30pm Variety Class

Open Gym 8:30am-7pm

Friday : 5:45am, 8:30am, 9:30am, 4pm

Open Gym 5:30am-7:30am & 8:30-5:00pm

Saturday : 8:30am

Open Gym 7-1pm

*** The Gym is OPEN long hours for you to work it in Your Schedule all year!

*** If attendance is just 2 or less there will be no class.

*** If class times don't stay busy 6-8+ on a regular basis the class could be dropped. Open Gym is always an option.

*** BODI membership will also be available on a MYX bike

All Inclusive Membership \$45

Just OPEN Gym \$30

Just Classes \$35