



ADRENALINE STUDIO

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	Adrenaline Flow 5:15 AM The Loft	Adrenaline Rush 5:15 AM The Loft	Adrenaline Rush 5:15 AM The Training Room	Adrenaline Flow 5:15 AM The Loft	Adrenaline Rush 5:15 AM The Loft	
Adrenaline Barre 8 AM The Loft						Adrenaline Rush 8 AM The Training Room
	Adrenaline Box 9 AM The Training Room	Adrenaline Rush 9 AM The Training Room	Adrenaline Box 9 AM The Training Room	Adrenaline Rush 9 AM The Loft	Adrenaline Flow 9 AM The Loft	
		Adrenaline Rush 5:15 PM The Loft		Adrenaline Booty 5:15 PM The Loft		
	Adrenaline Booty 6 PM The Loft		Adrenaline Rush 6 PM The Training Room			
		Adrenaline Barre 6:30 PM The Loft		Adrenaline Box 6:30 PM The Training Room		

Group Training Schedule

Schedule subject to change. Schedule as of April 3, 2023. Sessions are 50 minutes in length.

The Loft is upstairs
The Training Room is downstairs