



# QUEENAX ROOM & SPIN STUDIO SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:00AM	<b>CYCLE &amp; STRENGTH</b> Evelyn <i>*SPIN STUDIO</i>		<b>CYCLE &amp; STRENGTH</b> Evelyn <i>*SPIN STUDIO</i>		
8:30-9:15AM	<b>TABATA</b> Whitney	<b>HIIT</b> Callee	<b>TABATA</b> Whitney	<b>HIIT</b> Callee	<b>HIIT</b> Whitney/ Callee
AFTERNOON					
5:15-6:00PM	<b>BOOST</b> Jarod	<b>CYCLE &amp; STRENGTH</b> Casey <i>*SPIN STUDIO</i>	<b>BOOST</b> Jarod	<b>CYCLE &amp; STRENGTH</b> Casey <i>*SPIN STUDIO</i>	
6:00-6:45pm	<b>SPiN2BfiT</b> Lori <i>*SPIN STUDIO</i>		<b>SPiN2BfiT</b> Lori <i>*SPIN STUDIO</i>		
7:00-8:00PM	<b>HIIT</b> Alley			<b>HIIT</b> Alley	

CLASS DESCRIPTION

**CORE CYCLE:** Intense spin for cardio with a focus on abs incorporated.

**METCON:** Strengthen and elevate your heartrate by rotating through timed stations and exercises.

**TABATA:** Whole body workout that includes 20 seconds of training followed by 10 seconds of rest for 2 minutes intervals.

**BOOST:** Try the SuperFunctional system to maximize your workout. Each tri-plex system is based on a different category of movement to burn calories and strengthen.

**CYCLE & STRENGTH:** Spin cardio with a focus on upper body strength training.

**HIIT:** Complete body workout with both hand weights, bars, and cardio moves for high intensity interval training.