

# Warehouse D3

## Group Classes

### Crossfit

Functional movements performed at high intensity intervals. The class is a mixture of olympic weightlifting, gymnastics, strength and conditioning.

### Pump'd

The definition is in the name! A strength and toning class that uses a variety of resistance equipment to build functional strength as well as improve body composition.

### Bootcamp

An intense circuit style class with a bootcamp feel programmed by former Marine, Glenn Nicholson. The class is a combination of cardio, weights, and body weight exercises combined. This class is not for the feint hearted!

### Gone in 60

The fat melting class! 'G6' is an interval cardio style class with 60 second intervals at each station. Be prepared to sweat!

### Ride

High powered indoor 30 minute cycling class. The program follows a HIIT format designed specifically to burn calories hours after exercise.

### Run

Be part of a new running revolution. Navigate your way through various terrains with our unique treadmill class. Experience interval based runs with an audio experience like no other.

Time	Sun	Mon	Tues	Wed	Thurs	Fri	
6:30	Crossfit	Bootcamp	Crossfit	Bootcamp	Crossfit	10:00	Crossfit
7:30	Bootcamp	Crossfit	Bootcamp	Crossfit	Bootcamp		
13:00	Pump'd	Run	Pump'd	Run	Pump'd		
18:30	Bootcamp	Gone in 60	Bootcamp	Gone in 60	Bootcamp		
19:00	Ride		Ride				
19:15	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		

