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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6:15AM - 6:45AM CV Starr Community Center	 6:15AM - 7:05AM CV Starr Community Center	 7:15AM - 7:45AM CV Starr Community Center	 6:15AM - 7:05AM CV Starr Community Center		 10:15AM - 10:45AM CV Starr Community Center	
 7:15AM - 7:45AM CV Starr Community Center	 8:30AM - 9:00AM CV Starr Community Center	 8:00AM - 8:30AM CV Starr Community Center	 8:30AM - 9:00AM CV Starr Community Center		 1:15PM - 2:05PM CV Starr Community Center	
 8:00AM - 8:30AM CV Starr Community Center	 10:00AM - 11:00AM CV Starr Community Center	 9:00AM - 9:50AM CV Starr Community Center	 10:00AM - 11:00AM CV Starr Community Center		 2:30PM - 3:00PM CV Starr Community Center	
 9:00AM - 9:50AM CV Starr Community Center	 11:30AM - 12:00PM CV Starr Community Center	 3:00PM - 4:00PM CV Starr Community Center	 11:30AM - 12:00PM CV Starr Community Center		 3:15PM - 3:45PM CV Starr Community Center	
 3:00PM - 4:00PM CV Starr Community Center	 3:30PM - 4:00PM CV Starr Community Center	 5:30PM - 6:00PM CV Starr Community Center	 3:30PM - 4:00PM CV Starr Community Center			
 5:30PM - 6:00PM CV Starr Community Center	 5:30PM - 6:20PM CV Starr Community Center		 5:30PM - 6:20PM CV Starr Community Center			



A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

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High-energy fitness class with a combination of athletic movements and strength exercises.

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Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.




30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

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High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.