



Boutique Fitness + Wellness Studio
CLASS SCHEDULE *January*

MONDAY

KETTLEBELLS & TRX

5:30 - 6:30am Alexis

KETTLEBELLS & TRX

9:15 - 10:15am Alexis

KETTLEBELLS & TRX

5:45 - 6:45pm Audrey

TUESDAY

KETTLEBELLS & TRX

5:30 - 6:30am Alexis

KETTLEBELLS & TRX

10:30 - 11:30am Alexis

KETTLEBELLS & TRX

5:45 - 6:45pm Alexis

WEDNESDAY

KETTLEBELLS & TRX

5:30 - 6:30am Alexis

TRX & SCULPT

9:15 - 10:15am Alexis

KETTLEBELLS & TRX

5:45 - 6:45pm Audrey

THURSDAY

KETTLEBELLS & TRX

5:30 - 6:30am Alexis

KETTLEBELLS & TRX

10:30 - 11:30am Alexis

KETTLEBELLS & TRX

5:45 - 6:45pm Alexis

YOGA FOR MEN

7:00 - 8:00pm Christian

FRIDAY

KETTLEBELLS & TRX

BAD BEATS & BELLS

5:30 - 6:30am Alexis

KETTLEBELLS & TRX

9:15 - 10:15am Alexis

RESTORATIVE YOGA

5:30 - 6:30pm Christian

SATURDAY

KETTLEBELLS & TRX

9:30 - 10:30am Alexis

STRETCH & MEDITATION

11:00 - 12:00pm Alexis

All Levels Welcome!

CLASS TYPE:



KETTLEBELL & TRX



YOGA



STRECH & MEDITATION



TRX & SCULPT

559-492-3500

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THRIVEFITWELLNESS.COM