

CTA FITNESS



JANUARY

2026

MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	8:30 AM LIFT: Brian Promo Code: COMBO 9:00 AM POP Pilates: Jessica Promo Code: POP
5:30 PM TBW: Bri Promo Code: TBW 6:00 PM Cycle Revolution: Brian Promo Code: CYCLEREVOLUTION	6:00 PM SPIKED: Brian Promo Code: TURBO	6:00 PM P90X: Brian Promo Code: P90X	5:30PM Cycle Heat: Bri Promo Code: CYCLE 6:00 PM LIFT: Brian Promo Code: COMBO	9:15 AM TBW: Bri Promo Code: TBW	8:30 AM STRIKE/MIND: Brian Promo Code: COMBO 9:00 AM POP Pilates: Jessica Promo Code: POP
5:30 PM TBW: Bri Promo Code: TBW	6:00 PM MetKon Rx: Brian Promo Code: P90X	6:00 PM TurboKick: Brian Promo Code: TURBO	5:30PM Cycle Heat: Bri Promo Code: CYCLE 6:00 PM RIZE/LIFT: Brian Promo Code: COMBO	9:15 AM TBW: Bri Promo Code: TBW	9:00 AM POP Pilates: Jessica Promo Code: POP
5:30 PM TBW: Bri Promo Code: TBW 6:00 PM Cycle Revolution: Brian Promo Code: CYCLEREVOLUTION	6:00 PM SPIKED HIIT: Brian Promo Code: COMBO	6:00 PM SHIFT/LIFT: Brian Promo Code: COMBO	5:30PM Cycle Heat: Bri Promo Code: CYCLE 6:00 PM Interval Step: Brian Promo Code: STEP	9:15 AM TBW: Bri Promo Code: TBW	8:30 AM SPIKED: Brian Promo Code: TURBO 9:00 AM POP Pilates: Jessica Promo Code: POP
5:30 PM TBW: Bri Promo Code: TBW	6:00 PM TurboKick: Brian Promo Code: TURBO	6:00 PM CORE DE FORCE: Brian Promo Code: CORE	5:30PM Cycle Heat: Bri Promo Code: CYCLE 6:00 PM P90X: Brian Promo Code: P90X	9:15 AM TBW: Bri Promo Code: TBW	8:30 AM MetKon Rx: Brian Promo Code: P90X 9:00 AM POP Pilates: Jessica Promo Code: POP

Virtual Classes Available! First Class FREE (Up to 15 Different Classes)

Register: Vagaro App or Online: www.vagaro.com/CTA

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