

CTA FITNESS



MAY

2026

MON	TUE	WED	THU	FRI	SAT
				9:15 AM ¹ TBW: Bri Promo Code: TBW	9:00 AM ² POP Pilates: Jessica Promo Code: POP 9:00 AM CORE DE FORCE: Brian Promo Code: CORE
5:30 PM ⁴ TBW: Bri Promo Code: TBW	6:00 PM ⁵ TurboKick: Brian Promo Code: TURBO	6:00 PM ⁶ SHIFT/LIFT: Brian Promo Code: COMBO	6:00PM ⁷ MetKon Rx: Brian Promo Code: P90X	9:15 AM ⁸ TBW: Bri Promo Code: TBW	9:00 AM ⁹ POP Pilates: Jessica Promo Code: POP 8:30 AM STRIKE/LIFT: Brian Promo Code: COMBO
5:30 PM ¹¹ TBW: Bri Promo Code: TBW	6:00 PM ¹² P90X: Brian Promo Code: P90X	6:00 PM ¹³ SPIKED: Brian Promo Code: TURBO	6:00 PM ¹⁴ RIZE/LIFT: Brian Promo Code: COMBO	9:15 AM ¹⁵ TBW: Bri Promo Code: TBW	9:00 AM ¹⁶ POP Pilates: Jessica Promo Code: POP 8:30AM SHIFT/MIND: Brian Promo Code: COMBO
5:30 PM ¹⁸ TBW: Bri Promo Code: TBW	6:00 PM ¹⁹ SPIKED HIIT/LIFT: Brian Promo Code: COMBO	6:00 PM ²⁰ Interval Step: Brian Promo Code: STEP	6:00 PM ²¹ TurboKick: Brian Promo Code: TURBO	9:15 AM ²² TBW: Bri Promo Code: TBW	9:00 AM ²³ POP Pilates: Jessica Promo Code: POP 9:00AM SHIFT/LIFT: Brian Promo Code: COMBO
5:30 PM ²⁵ TBW: Bri Promo Code: TBW	6:00 PM ²⁶ SPIKED: Brian Promo Code: TURBO	6:00PM ²⁷ Hi-Lo: Brian Promo Code: HILO	5:30PM ²⁸ Cycle Heat: Bri Promo Code: CYCLE 6:00 PM P90X: Brian Promo Code: P90X	9:15 AM ²⁹ TBW: Bri Promo Code: TBW	9:00 AM ³⁰ POP Pilates: Jessica Promo Code: POP 9:00AM MetKon Rx: Brian Promo Code: P90X

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

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

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