

STEAMBOAT FIT

CLASS SCHEDULE



ALL CLASSES WILL BE OFFERED IN THE STUDIO AND VIA LIVE STREAM WITH THE EXCEPTION CLASSES IN THE BOX.
*INDICATES CLASSES OFFERED IN THE STEAMBOAT FIT BOX

MONDAY

6:00A BEAST*
7:00A BEAST*
8:30A FULL BODY STRENGTH
8:30A BURN*
9:30A ZUMBA
10:30A FUNCTIONAL CORE STRENGTH
12:15P CIRCUIT TRAINING*
4:30P ROW AND REPS*
5:30P STEAMBOAT FIT BARRE

TUESDAY

6:00A HIIT CLASS
8:30A STRENGTH + CARDIO
8:30A BUILD*
9:30A MAT PILATES
11:30A ROW & REPS*
12:15P BARRE FUSION
4:30P DIRTY30 + TABATA

WEDNESDAY

6:00A BEAST*
7:00A* POP-UP CLASS
8:30A FULL BODY STRENGTH
8:30A BURN*
9:30A ZUMBA
10:45A ROLL & RELEASE
11:30A BUILD*
12:15P DIRTY30 + TABATA
4:30P BURN45*

THURSDAY

6:00A HIIT CLASS
8:30A DIRTY30 + BUTTS/GUTS
8:30A BUILD*
9:30A MAT PILATES
11:30A ROW & REPS*
11:30A DIRTY30
12:15P BARRE FUSION
4:30P DIRTY30 + TABATA

FRIDAY

6:00A BEAST*
7:30A BURN*
8:30A STEAMBOAT FIT BARRE
8:30A BURN*
9:30A ZUMBA
10:30A FUNCTIONAL CIRCUIT TRAINING
11:30A STRENGTH CLASS*

SATURDAY

8:30A POP-UP CLASSES
9:30A ZUMBA

SUNDAY

9:00A BURN*



www.steamboatfit.com



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Late Cancellation Policy

Late Cancellation fee of \$10 will automatically be charged to your account if you do not cancel 4 hours prior to the start of class. A late cancellation fee will also be applied for anyone who does not show up for class in which they are signed-up for.

CHECK MINDBODY FOR CLASS SCHEDULE & TO SIGN-UP!