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Ahwatukee

4820 East Ray Road, Phoenix, Arizona 85044

Phone: [602-633-2574](tel:602-633-2574) | [Get Directions](#)

Instructors ▼ Ahwatukee ▼
Class Types ▼ Classes ▼

Dec 15 Dec 16 Dec 17 Dec 18 Dec 19 Dec 20 Dec 21

SAT SUN MON TUE WED THU FRI

STUDIO CYCLE 8:30 AM / 55 Min. Tracy I	MUSCLE 8:30 AM / 60 Min. Brooke O	MUSCLE 5:15 AM / 60 Min. Kimberly C	SPORT CYCLE 5:15 AM / 55 Min. Cecilia K	AMPd 5:15 AM / 60 Min. Jordan S	SPORT CYCLE 5:15 AM / 55 Min. Lisa J	HIIT 5:15 AM / 60 Min. Kimberly C
GLUTES CARDIO CORE 8:30 AM / 55 Min. Daniel B	POWER YOGA 9:00 AM / 60 Min. Aiyana H	30 MIN. XPRESS HIIT 8:15 AM / 30 Min. Annie L	BARRE CLASSIC 8:45 AM / 55 Min. Paula K	30 MIN. XPRESS HIIT 8:15 AM / 30 Min. Rebeca W	BARRE CLASSIC 8:45 AM / 55 Min. Paula K	FLOW YOGA 6:00 AM / 55 Min. Aiyana H
FLOW YOGA 9:00 AM / 60 Min. Angelica G	SPORT CYCLE 9:30 AM / 60 Min. Kasey G	BARRE SCULPT 8:45 AM / 55 Min. Lisa J	AMPd 9:00 AM / 60 Min. Annie L	FLOW YOGA 8:45 AM / 55 Min. Charlotte L	TABATA 9:00 AM / 55 Min. LaVince C	30 MIN. XPRESS HIIT 8:15 AM / 30 Min. Rebeca W
PEAK PERFORMANCE 9:00 AM / 55 Min. Rebeca W	DANCE FUSION 9:30 AM / 60 Min. Jaylyn J	MUSCLE 9:00 AM / 60 Min. Annie L	SPORT CYCLE 9:30 AM / 55 Min. Daniel B	MUSCLE 9:00 AM / 60 Min. Rebeca W	SPORT CYCLE 9:30 AM / 60 Min. Charlotte L	PILATES MAT 8:45 AM / 55 Min. Beverly C
MUSCLE 9:30 AM / 60 Min. Dee K	YIN YOGA 10:15 AM / 60 Min. Rachel D	PEAK PERFORMANCE 9:00 AM / 60 Min. Rebeca W	YOGA 10:00 AM / 60 Min. Megan C	PEAK PERFORMANCE 9:00 AM / 60 Min. Daniel B	YOGA 10:00 AM / 60 Min. Patience M	MUSCLE 9:00 AM / 60 Min. Rebeca W
DJ CYCLE 9:45 AM / 55 Min. LaVince C		SPORT CYCLE 9:15 AM / 55 Min. Daniel B	ZUMBA 10:00 AM / 55 Min. Shana P	SPORT CYCLE 9:15 AM / 60 Min. LaVince C	ZUMBA 10:00 AM / 55 Min. Shana P	PEAK PERFORMANCE 9:00 AM / 60 Min. LaVince C
BARRE CLASSIC 10:15 AM /		YIN YOGA 10:00 AM /	MUSCLE 11:00 AM /	YIN YOGA 10:00 AM /	YOGA 5:00 PM /	STUDIO CYCLE 9:15 AM /



55 Min. Jacqueline D	60 Min. Megan C	55 Min. Daniel B	60 Min. Megan C	60 Min. Sama S	60 Min. Cecilia K
ZUMBA 10:30 AM / 60 Min. Teresa M	ZUMBA 10:00 AM / 60 Min. Salma K	STEP 12:00 PM / 60 Min. Beverly C	AMPd 10:00 AM / 55 Min. Jordan S	STUDIO CYCLE 5:30 PM / 60 Min. Cecilia K	YIN YOGA 10:00 AM / 55 Min. Sama S
STEP 11:30 AM / 55 Min. Pamela W	SPORT CYCLE 4:30 PM / 55 Min. Daniel B	PEAK PERFORMAN 4:30 PM / 60 Min. Charlotte L	PEAK PERFORMAN 4:30 PM / 60 Min. Daniel B (Sub)	ZUMBA 5:30 PM / 55 Min. Kana H	HIGH FITNESS 10:00 AM / 55 Min. Jordan S
	FLOW YOGA 5:30 PM / 60 Min. Rori W	YOGA 5:00 PM / 60 Min. Sama S	YOGA 5:30 PM / 60 Min. Christina O	YIN YOGA 6:00 PM / 55 Min. Aiyana H	
	AMPd 5:30 PM / 60 Min. Holly N	STUDIO CYCLE 5:30 PM / 60 Min. Nina JoJo T	STUDIO CYCLE 5:30 PM / 55 Min. Charlotte N	MUSCLE 6:30 PM / 60 Min. Dee K	
	SPORT CYCLE 6:00 PM / 60 Min. John M	ZUMBA 5:30 PM / 60 Min. Briana B	GLUTES CARDIO CORE 5:30 PM / 60 Min. Daniel B		
	PEAK PERFORMAN 6:00 PM / 60 Min. Dee K	YIN YOGA 6:00 PM / 55 Min. Sama S	YOGA 6:30 PM / 55 Min. Christina O		
	YIN YOGA 6:30 PM / 55 Min. Sama S	MUSCLE 6:30 PM / 60 Min. Holly N	HIP HOP 6:30 PM / 60 Min. Jesse A		
	DANCE FUSION 6:30 PM / 55 Min. Lidia O				

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