



Class Schedule

All our Lean Teen Classes have **separate** girls and boys classes to avoid distractions and allow open communication with the trainer and each other.

Mondays - Thursdays

Girls Classes

3:30pm - 4:30pm

4:30pm - 5:30pm

6:00pm - 7:00pm

7:00pm - 8:00pm

Boys Classes

4:30pm - 5:30pm

7:00pm - 8:00pm

Fridays - Open Workouts with a Trainer from 1pm - 7pm

On Fridays our teens are encouraged to come work out with our trainers on their own schedule. This is a great day to make-up any missed classes!

Saturday Classes

9:30 - 10:30am Girls Class

10:30 - 11:30am Boys Class

More classes will be added as we sign up more teens!