

MISSION FITNESS

SWEAT FOR GOOD

February Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	○	○	○	○	○		
6:00am	○	Row + Reform	Iron+Oar [P+P]	Sunrise Yoga	○		
7:00am	○	○	○	○	○	○	○
8:45am	Core Row	○	Core Row		R + R + R	Core Row	○
9:45am	Pilates	Yoga Flow	Pilates	Core [Re]form	Barre Flow	Yoga/Pilates	○
11:15am	Power Barre	○	Power Barre		○	○	○
11:30am		Pilates		Pilates	○	○	○
12:15pm	Power Row	Reform + Resist	Power Row	PowerhouseRow	Row + Flow	○	○
1:00pm	○	○	○	○	○	○	○
2:00pm	○	○	○	○	○	○	○
3:00pm	○	○	○	○	○	○	○
4:30pm	○	Core [Re]form	○	Power Row	○	○	○
5:30pm	Iron + Oar	HIIT Core+Barre	Core Row	Barre Burn	○	○	○
6:35pm	Reform + Flow	○	Row + Reform		○		

Nursery Available
○ Open Gym

HOURS TO SWEAT

Monday - Friday 5:00 AM - 7:30 PM

Saturday - Sunday 7:00 AM - 6:00 PM

[Hours include [Open Gym] an exclusive amenity for members.]

METHODS

[barre] [trx] [pilates] [yoga]

[row] [reform]

[private training] [open gym]

MEMBERSHIP

Unlimited Monthly

\$130

[\$99 first month for new clients]

\$200 - Couples

\$99 - Special Groups*



CLASS PACKAGES

Pack Options

Single Class: \$20

Single Reformer Class: \$30

5 Class Pack: \$90 [\$18/class]

10 Class Pack: \$160 [\$16/class]

20 Class Pack: \$280 [\$14/class]

[Class Packs do not include Reformer classes.]

*Teachers, First Responders, Military, Students, 501c3 Employees, Seniors

THE MISSION

We are one studio of countless methods, killer instructors, epic playlists and champions of community. We believe in the power of unity, the creation of positivity and the importance of a post workout high five.

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