



TIME2TRAIN

ONLINE STREAMING WORKOUTS

LIVE CLASS SCHEDULE
+ UNLIMITED ACCESS TO ON DEMAND
CLASSES ON TIME2TRAIN.FITNESS

MONDAY

8:15-9:00 AM PST //
 11:15-12:00 PM EST
BARRE
 MCCALL TYCKSEN

6:00-6:45 PM PST //
 9:00-9:45 PM EST
STRENGTH
 CHELLIE THOMAS

6:00-6:45 PM PST //
 9:00-9:45 PM EST
VINYASA YOGA
 VICKIE KUCHINSKI

TUESDAY

9:15-10:00 AM PST //
 12:15-1:00 PM EST
STRENGTH INTERVALS
 AYL A DONLIN

10:00-10:45 AM PST //
 1:00-1:45 PM EST
DANCE CARDIO
 CHELLIE THOMAS

12:15-1:00 PM PST //
 3:15-4:00 PM EST
BARRE
 MIRNA DAHDAL

5:30-6:15 PM PST //
 8:30-9:15 PM EST
STRENGTH
 CHELLIE THOMAS

6:00-6:45 PM PST //
 9:00-9:45 PM EST
VINYASA YOGA
 VICKIE KUCHINSKI
 »REPLAY

WEDNESDAY

8:15-9:00 AM PST //
 11:15-12:00 PM EST
BARRE
 MCCALL TYCKSEN

11:30-12:15 PM PST //
 2:30-3:15 PM EST
CARDIO PEAK CYCLE
 MEGAN CLOE

6:00-6:45 PM PST //
 9:00-9:45 PM EST
STRENGTH
 CHELLIE THOMAS

THURSDAY

10:00-10:45 AM PST //
 1:00-1:45 PM EST
DANCE CARDIO
 CHELLIE THOMAS

12:15-1:00 PM PST //
 3:15-4:00 PM EST
BARRE
 MIRNA DAHDAL

5:30-6:15 PM PST //
 8:30-9:15 PM EST
STRENGTH
 CHELLIE THOMAS

6:00-6:45 PM PST //
 9:00-9:45 PM EST
YIN YOGA
 VICKIE KUCHINSKI

FRIDAY

10:00-10:45 AM PST //
 1:00-1:45 PM EST
DANCE CARDIO
 CHELLIE THOMAS
 »REPLAY

10:00-10:45 AM PST //
 1:00-1:45 PM EST
CARDIO PEAK CYCLE
 MEGAN CLOE

12:15-1:00 PM PST //
 3:15-4:00 PM EST
BARRE
 MIRNA DAHDAL
 »REPLAY

SATURDAY

9:00-9:45 AM PST //
 12:00-12:45 PM EST
BEGINNER YOGA
 VICKIE KUCHINSKI

10:30-11:15 AM PST //
 1:30-2:15 PM EST
DANCE CARDIO
 CHELLIE THOMAS

» Replays are previous live sessions
 from earlier in the week.

TIME2TRAIN.FITNESS