Come workout with us!

Fitness Class Schedule

Meet at 8:30am on the upper lobby level, by the yellow couch in front of Azabu.

DAY	NAME	DESCRIPTION
SUNDAYS	KINETIC CONTROL	Keeping the muscles of the core strong, Improving mobility and spinal trunk stability. Focusing on flexibility and balance as well to further improve muscle and joint movement. - Open to all levels.
MONDAYS	CARDIO RESISTANCE	Energizing all-level cardio resistance class combining heart-pumping intervals with strength training to boost endurance, burn calories, and build lean muscle in a supportive environment.
TUESDAYS	RESTORATIVE SADHANA	Pilates Fusion blends core strengthening, flexibility and strength exercises for a full body, low-impact workout.
WEDNESDAYS	MINDFULNESS YOGA	Mindfulness Yoga uses breath work, gentle movement and meditation to promote relaxation, focus, and mental clarity.
THURSDAYS	METABOLIC TRAINING	Boost calorie burn through high intensity intervals, enhancing endurance, strength, and overall metabolic function.
FRIDAYS	REIKI ENERGY HEALING	Through calming breath work, peaceful affirmations, meditation, the healing power of Reiki energy, and the grounding essence of crystals, you'll be guided into a state of deep relaxation and a complete reset for mind, body, and spirit. Open to all levels-no prior experience needed.
SATURDAYS	BEACH BOOT CAMP	Beachside drills and circuit games for all fitness levels. Combines strength, cardio, and agility exercises to improve endurance, power and overall fitness.