Rockstar Wellness

November 2026 Schedule

	Studio 1	Studio 2	Studio 3/Virtual Only
MONDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min. - hybrid		
9:00 AM	Ex-Press Strength (Bre) *45 min. - hybrid		
9:45 AM	Core & Restore (Bre) *30 min. - hybrid		
10:30 AM	Biker Barre (Rachel)	Silver Spikers (Reginna)	
11:30 AM	AMPD Resistance (Reginna)*45 min. - hybrid		
12:30 PM	Floor Barre (Rachel) *45 min. - hybrid		
4:30 PM	Gentle Flow Yoga (Mary) - 45 min. - hybrid		
4:40 PM		Pilates (Rachel) *40 minutes	
5:30 PM	P90X (Mary) *45 min. - hybrid		
5:45 PM		HIGH Fitness (Britnee/Rachel/Avery)	
6:15 PM	Kickboxing (Renee) *40 min - hybrid		
7:00 PM		Adult Tap (Victoria) *45 min.	
TUESDAY			
5:15 AM	Bike & Bands (Heather) *45 min.		
6:00 AM	Rise & Grind Pilates (Bre) *45 min. - NEW!		
8:30 AM	Spin Express (Mary) *40 min.		
9:00 AM		POUND (Amber)	
9:15 AM			TRX Suspension Training (Mary) *40 minutes
10:15 AM	Gentle Flow Yoga (Mary) - 45 min. - hybrid	AMPD Strength (Amber) *45 minutes	
10:30 AM			Strength Lab (Kenzie) *30 minutes
11:00 AM			Strength Lab (Kenzie) *30 minutes
4:40 PM		Step & Strength (Renee) *45 minutes	
4:45 PM	SOULkickboxing (Britnee) *45 min. hybrid -		
5:30 PM		POUND (Hannah)	
5:40 PM	Human Reformer Pilates (Rachel) *30 min. hybrid		
6:15 PM	Ex-Press Strength (Amber) *45 minutes - hybrid		
6:30 PM		AMPD Strength (Rachel/Heather) *45 min.	
7:15 PM	VeraFlow (Rachel) - hybrid		
WEDNESDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min - hybrid		
9:00 AM	Ex-Press Strength (Bre) *45 minutes - hybrid		
10:00 AM	PiYo & Core (Renee) - hybrid	Tap-N-Burn (Rachel/Kelsey)	
11:15 AM	Stretch & Tone (Reginna) *45 min. - hybrid		
12:00 PM	HIGH Yo (Rachel) 45 min. - hybrid		
4:45 PM		POUND Unplugged (Hannah) *40 minutes	Core Yoga (Megan)
5:00 PM	Barre Above (Amber) - hybrid		
5:45 PM		Mommy & Me Pilates (Rachel) *45 min. - NEW!	
6:00 PM	Spin (Renee)		TRX Suspension Training (Logan) *40 minutes
6:45 PM		Turn Up Dance Fitness (Rachel)	
THURSDAY			
5:15 AM	Ex-Press Strength (Heather) *30 min. -NEW!		
6:00 AM			Strength Lab (Bre) *30 minutes
9:00 AM	Spin Express (TBA) *40 min.		
9:50 AM		Barre Above (Reginna)	
10:00 AM	Upper Body Express (Renee) *30 min. hybrid		
10:30 AM	Lower Body Express (Renee) *30 min. hybrid		
11:00 AM	Kettlebell AMPD (Reginna) *45 min. - hybrid		
4:40 PM	Ex-Press Strength (Kenzie) *45 min, - hybrid		
5:00 PM		HIGH Yo (Rachel) *40 min.	
5:30 PM	Kettlebell AMPD (Reginna) - hybrid		Strength Lab (Kenzie) *30 minutes
5:45 PM		Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.	
6:35 PM		Xtreme Hip Hop- step aerobics (Rachel)	
7:30 PM	Pilates (Renee) - *45 min. - hybrid		
FRIDAY			
6:00 AM	Rise & Grind Bootcamp (Bre) *45 min. - hybrid		
9:00 AM	Ex-Press Strength (Bre) *45 minutes - hybrid		
10:00 AM	Human Reformer Pilates (Rachel) *30 min. - hybrid		
10:45 AM	Silver Strength & Stability (Reginna) *45 min. - hybrid	Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.	
11:00 AM			Move & Mobilize (Renee) *45 minutes - NEW!
11:45 AM	S.E.A.T (Reginna) *45 min. - hybrid		
1:00 PM		ROCKsies Adult Tap Class (Rachel/Kelsey) - hybrid	
4:30 PM	Muscle Mixer (Renee) *45 min. - hybrid	Junior ROCKsies Tap -ages 8+ (Rachel/Kelsey) *45 min.	
5:15 PM	Pop Up Classes - Watch for Details	HIGH Low Fitness (Avery/Rachel)	
SATURDAY			
8:00 AM	Party Spin (Emma)		
8:30 AM		POUND (Rachel)	
9:30 AM	Buns, Guns & Abs (TBA) - hybrid	Pop- Up Kids Classes (ages 5-12) - Watch for Details	
10:30 AM	Pop Up Classes - Watch for Details	Pop Up Classes - Watch for Details	

For the most up-to-date daily schedule, please visit **www.rockstarwellnessllc.com/schedule**
Hybrid classes have both in-person and virtual options available.

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•Turkey Burn Challenge - November 23rd-25th- details coming soon!
•Turkey Burn Class - Wednesday, November 25th - Time TBA
• POUNDgiving - November 28th - Time TBA
• Join us for the Merry-Etta Lighted Christmas Parde - Novmeber 28th at 6:00 PM
•We will be closed for Thanksgiving on November 26th & 27th
• Save the date for Fitmas - December 5th from 8:30 AM-12:30 PM
• Check out our 5 Day Rockstar Reset Intensive Program!
• Check out all of our new hybrid class options - over 30 classes are now offered online!
• The 21 Day Rockstar Reset Challenge is now open!
•Rockstar On-Demand is now available! Workout with us from home anytime!
•Childcare is available for ages 6 months - 10 years by appointment! Register at www.rockstarwellnessllc.com/childcare