

Rockstar Wellness

March 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/ Heather)	Silver Spikers (Renee)
11:30 AM	AMPD Resistance (Rachel/Reginna)*45 min. - hybrid	
12:30 PM	Floor Barre (Rachel) *45 min. - hybrid	
4:00 PM		POUND Unplugged (Hannah) *40 minutes
4:30 PM	Gentle Flow Yoga (Mary) - 45 min. - hybrid	
4:40 PM		TRX Suspension Training (Renee) *40 minutes
4:45 PM		Pilates (Rachel/Amber/Bre) *45 minutes
5:15 PM	Turn Up Dance Fitness (Avery)	
5:30 PM		POUND (Allison) *45 min. - virtual only
5:30 PM		P90X (Mary) *45 minutes
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	Buns, Guns & Abs (Heather) *45 min. - hybrid	
6:00 AM		Strength Lab (Bre) *30 minutes
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
11:30 AM	Barre Above (Reginna) - 45 min. hybrid	
4:40 PM		Step & Strength (Renee) *45 minutes
4:50 PM	RUMBLE (Rachel) *45 min.	
5:30 PM		POUND (Hannah)
5:30 PM		Strong Stride (Bre) *45 min.
5:40 PM	Human Reformer Pilates (Rachel/Amber) *30 min.	Ex-Press Strength (Allison) *30 min. - virtual only
6:15 PM	Ex-Press Strength (Bre) *45 minutes - hybrid	
6:30 PM		AMPD Strength (Rachel/Heather) *45 min.
7:15 PM	VeraFlow (Rachel/Vicki) - 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)
11:15 AM	Stretch & Tone (Reginna) *45 min. - hybrid	
12:00 PM	HIGH Yo (Rachel) 45 min. - hybrid	
4:00 PM	Walk & Rock (Reginna) *30 min.	
4:45 PM		Core Yoga (Megan)
5:00 PM	Barre Above (Amber) - hybrid	POUND (Britnee)
6:00 PM	Spin (Renee)	SOUlKickboxing (Britnee)
7:00 PM		Turn Up Dance Fitness (Rachel/Avery)
THURSDAY		
5:15 AM	Biker Barre (Heather) *45 min.	
6:00 AM		Strength Lab (Bre) *30 minutes
9:00 AM	Spin Express (Rachel/Mary) *40 min.	
9:50 AM	Spin & Stretch (Mary) *40 min. - NEW!	Barre Above (Reginna)
10:20 AM		TRX Pilates (Renee) *40 minutes - NEW!
11:00 AM	Kettlebell AMPD (Rachel/Reginna) *45 min. - hybrid	Gentle Flow Yoga (Mary) - 45 min.
4:40 PM	Ex-Press Strength (Kenzie) *45 min. - hybrid	
5:00 PM		PIYo (Renee) *40 min.
5:30 PM	Kettlebell AMPD (Heather & Reginna) - hybrid	Strength Lab (Kenzie) *30 minutes
5:45 PM		Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.
6:35 PM	Buns, Guns & Abs (Heather) *45 minutes - hybrid	Xtreme Hip Hop- step aerobics (Rachel)
7:30 PM	Pilates (Rachel) - *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/Bre) *30 min. - hybrid	
10:45 AM	Silver Strength & Stability (Reginna) *45 min. - hybrid	Zumbini - mommy & me for ages 0-4 (Rachel) *40 min.
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)
SATURDAY		
8:00 AM	Spin (Scott)	
8:30 AM		POUND (Tori/Hannah)
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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- First Friday - ROCKsies Tap Performance at 5:30 PM
- Shake Your Shamrocks - March 7th from 10:30 AM - 12:30 PM
- 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!
- Pickleball Open Court Times are available - register at www.rockstarwellnessllc.com/pickleball
- Childcare is available for ages 6 months - 10 years by appointment! Register at www.rockstarwellnessllc.com/childcare