

Class

Descriptions

Cardio Kickboxing

Non-stop kickboxing to the beat will get your heart racing and your body burning. 460 Calories

Bodyweight Blits

Inferno Workout to Failure is here to introduce you to the fiercest 15 minutes imaginable. Anja's stacked Bodyweight Blitz with Rock Bottom Squats, Everest Claps and two types of pushups. Catch your breath? Maybe. See results? Definitely. 290 Calories

Bodyshred MMA
Kickboxing

BODYSHRED™ MMA Kickboxing with Natalie Yco: a heart-pumping, killer MMA-inspired kickboxing workout to incinerate calories and dramatically improve your physical conditioning. In this MMA workout, Natalie Yco takes you through an authentic MMA-style kickboxing workout to increase your strength, stamina, and agility. For this workout, you'll need a resistance chord and an exercise mat. 560 Calories

Yoga Cardio Sculpt

Join Frances Flores & flow through a series of exercises that are bound to leave you breathless. You'll connect breath to movement & work through short bursts of cardio to torch major calories. 315 Calories

HIIT

Ashley Joi brings you an action-packed workout— zero equipment needed! You'll be challenged with compound moves that combine strength, cardio, and a whole lot of plyometrics! Get ready to dig deeper & reach new heights with Ashley Joi! 525 Calories