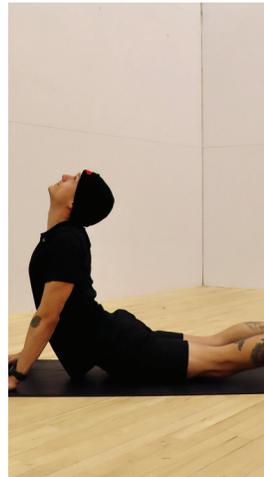


Noon Fit

April to July 2026
Timing 1200-1245



M

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W

T

F

Monday

Tuesday

Wednesday

Thursday

Friday

Lower Body Strength
Learn to lift with a strength session focused on building power and stability in your legs and glutes using simple, effective resistance-based movements.

Conditioning
A high energy class designed to boost your cardiovascular fitness through a mix of dynamic, cardio movements. Expect a fun, fast paced workout that improves endurance and cardiovascular system.

Upper Body Strength
Learn to lift with a focused strength training session targeting the arms, shoulders, chest, and back using controlled, effective resistance based movements to build power and stability.

FORCE Practice

Yoga/Mobility
A gentle, restorative session that combines guided stretching, controlled movement, and mindful breathwork to improve flexibility, mobility and overall body balance.

Calisthenics and Core
A bodyweight focused workout that builds strength, control, and core stability through functional movements and targeted core training.