



# GROUP TRAINING CLASSES

JUNE 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	HIIT		FUNCTIONAL STRENGTH		HIIT	
6:45 am	FUNCTIONAL STRENGTH	RIDE TRX	HIIT	RIDE TRX	FUNCTIONAL STRENGTH	
8:00 am	RIDE PILATES	CARDIO TENNIS @7:00 am HIIT	RIDE PILATES	CARDIO TENNIS @7:00 am HIIT	RIDE	RIDE CARDIO TENNIS @8:30 am
9:00 am	TRX	FUNCTIONAL STRENGTH	TRX	FUNCTIONAL STRENGTH	TRX	
10:00 am	FUNCTIONAL STRENGTH	TRX RIDE	FUNCTIONAL STRENGTH	TRX RIDE	FUNCTIONAL STRENGTH	FUNCTIONAL STRENGTH
11:00 am	BODY CONDITIONING	BODY CONDITIONING	CARDIO TENNIS BODY CONDITIONING	BODY CONDITIONING	CARDIO TENNIS BODY CONDITIONING	STRETCH & RELEASE
NOON	CARDIO TENNIS				CARDIO TENNIS	
4:30 pm	PILATES	TRX	TRX YOGA	PILATES	TRX	
5:30 pm	FUNCTIONAL STRENGTH	BODY CONDITIONING	FUNCTIONAL STRENGTH	BODY CONDITIONING		
7:30 pm		CARDIO TENNIS ELITES NTRP RATING 3.5+		COURT ELITES		

**CANCELLATION POLICY:** For classes after 8:00 AM, cancel online at least 2 hours prior to avoid a \$20 no-show/late cancel fee.

**Early Morning Waitlist (5:45 & 7:00 AM):** Cancel by 7:00 PM the night before to avoid the fee. Waitlisted members will be notified by email by 7:00 PM if they've made it in.

**Classes with no sign-ups may be canceled 2 hours before start time.**

GO TO [BTTT.C.FIT](https://bttc.fit) or  
SCAN HERE TO  
BOOK A CLASS!



# GROUP TRAINING CLASSES

All Classes are 50 minutes unless otherwise specified.

## TRX (TOTAL BODY RESISTANCE)

Build strength using suspension straps and your own bodyweight. This class challenges your stability, coordination, and core through controlled, full-body movement patterns that scale to any fitness level.

**Best for:** Building functional strength, improving core control, and developing stability without heavy lifting.

## PILATES

### **(Mat + Suspension + Power Flow)**

A modern Pilates class combining mat work, suspension training, and reformer-inspired movement patterns (no machines). This class focuses on precision, alignment, and controlled strength with a more athletic, dynamic feel.

**Best for:** Improving posture, strengthening deep core muscles, increasing mobility, and building controlled full-body strength.

## TRX YOGA

### **(Yoga with Suspension & Resistance)**

Fusion of traditional yoga with suspension to deepen stretches, improve alignment, and build strength using TRX straps and your bodyweight. This class emphasizes fluid movement, stability, and balance while using the straps for support or added challenge.

**Best for:** Improving flexibility, enhancing balance, building core strength, and supporting recovery while still engaging the whole body.

## HIIT (HIGH INTENSITY INTERVAL TRAINING)

### **(Strength + Conditioning Intervals)**

A high-intensity interval class that alternates between weighted strength training and resisted cardio work. This format challenges both muscular strength and cardiovascular fitness in structured intervals designed to push performance and fatigue resistance.

**Best for:** Building strength under fatigue, improving overall conditioning, and increasing power, speed, and work capacity.

## FUNCTIONAL STRENGTH

A structured, progressive strength program focused on movement quality and real-world strength. You'll follow a consistent monthly plan while tracking weights and improving performance over time.

**Best for:** Building practical strength, improving movement efficiency, and progressing your lifting in a structured, measurable way.

**\*Classes with no sign-ups may be canceled 2 hours before start time.**

## BODY CONDITIONING

A full-body training session combining strength and cardio-based movements in a simple, high-energy format. This class keeps you moving continuously to improve general fitness and overall conditioning.

**Best for:** Improving overall fitness, burning calories, and building general strength and endurance.

## STRETCH & RELEASE

A recovery-focused class using stretching, mobility work, and release techniques to reduce tension and improve movement quality. Helps restore the body and support recovery between training sessions.

**Best for:** Reducing tightness, improving flexibility, and recovering from training or daily stress.

## RIDE

### **(Indoor Cycle)**

A rhythm-based indoor cycling class using resistance, sprints, and climbs to build cardiovascular endurance. You control your intensity, making it scalable for all fitness levels.

**Best for:** Improving cardiovascular endurance, building lower-body stamina, and high-energy calorie burn.

## CARDIO TENNIS & CARDIO TENNIS ELITES

A fun, high-energy tennis-based workout combining drills, rally play, and footwork training. Improves both fitness and tennis skills in a social, fast-moving environment.

**Best for:** Burning calories while improving tennis skills, footwork, and on-court endurance.

## COURT ELITES

A high-performance training class combining on-court drills with off-court conditioning. Focuses on speed, agility, power, and match-specific endurance.

**Best for:** Athletes wanting to improve tennis performance, explosiveness, and competitive edge.

## **Class Reservations, Cancellations & Late Arrivals**

Book up to 3 weeks ahead. For classes after 8:00 AM, cancel online at least 2 hours prior to avoid a \$20 no-show/late cancel fee. If you arrive more than 5 minutes after class starts, your spot may be given to someone on the waitlist.

## **Early Morning Waitlist (5:45 & 7:00 AM)**

Cancel by 7:00 PM the night before to avoid the fee. Waitlisted members will be notified by email by 7:00 PM if they've made it in.