

Quick Burn

WITH DINA

THURSDAY | DECEMBER 20 | 6AM

45-MIN POP-UP CLASS

Burn fat, chisel lean muscle and boost metabolism with time to spare to grab your coffee and head out the door to attack your day. This high intensity, fun packed class will energize you for your day and help you conquer your fitness goals.



NO SIGN UP REQUIRED, JUST SHOW UP! ALL FITNESS LEVELS WELCOME!