

TEAM TRAINING

Presented by Mesa Fitness

CLASS SCHEDULE

OCTOBER 6-11, 2025

All programs on this schedule are available in the FUNCTIONAL TRAINING area.

	MON	TUE	WED	THU	FRI	SAT
5 AM			TEAM TRAINING UPPER BODY PULL Mark 60 min		TEAM TRAINING MOBILITY Mark 60 min	
6 AM		TEAM TRAINING LOWER BODY PUSH Mark 60 min		LES MILLS CEREMONY Trae 45 min		
9 AM	TEAM TRAINING UPPER BODY PUSH Mark 60 min	TEAM TRAINING LOWER BODY PUSH Mark 60 min	LES MILLS CEREMONY Kyle 45 min	TEAM TRAINING LOWER BODY PULL Mark 60 min	TEAM TRAINING MOBILITY Mark 60 min	LES MILLS CEREMONY Tina 45 min
12 PM		TEAM TRAINING LOWER BODY PUSH Mark 60 min				
530 PM	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Sarah T 45 min	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Trae 45 min		

Equipment and spacing is limited, so all classes on this schedule require a reservation via the Mesa Fitness app.



Scan to learn more about Team Training and
Les Mills Ceremony or visit the front desk today!



TEAM TRAINING

Presented by Mesa Fitness

CLASS SCHEDULE

OCT 13-18, 2025

All programs on this schedule are available in the FUNCTIONAL TRAINING area.

	MON	TUE	WED	THU	FRI	SAT
5 AM			TEAM TRAINING UPPER BODY PUSH Mark 60 min		TEAM TRAINING MOBILITY Mark 60 min	
6 AM		TEAM TRAINING LOWER BODY PULL Mark 60 min		LES MILLS CEREMONY Trae 45 min		
9 AM	TEAM TRAINING UPPER BODY PULL Mark 60 min	TEAM TRAINING LOWER BODY PULL Mark 60 min	LES MILLS CEREMONY Kyle 45 min	TEAM TRAINING LOWER BODY PUSH Mark 60 min	TEAM TRAINING MOBILITY Mark 60 min	LES MILLS CEREMONY Tina 45 min
12 PM		TEAM TRAINING LOWER BODY PULL Mark 60 min				
530 PM	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Sarah T 45 min	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Trae 45 min		

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TEAM TRAINING

Presented by Mesa Fitness

CLASS SCHEDULE

OCT 20-25, 2025

All programs on this schedule are available in the FUNCTIONAL TRAINING area.

	MON	TUE	WED	THU	FRI	SAT
5 AM			TEAM TRAINING LOWER BODY PUSH Mark 60 min		TEAM TRAINING MOBILITY Mark 60 min	
6 AM		TEAM TRAINING UPPER BODY PULL Mark 60 min		LES MILLS CEREMONY Trae 45 min		
9 AM	TEAM TRAINING LOWER BODY PULL Mark 60 min	TEAM TRAINING UPPER BODY PULL Mark 60 min	LES MILLS CEREMONY Kyle 45 min	TEAM TRAINING UPPER BODY PUSH Mark 60 min	TEAM TRAINING MOBILITY Mark 60 min	LES MILLS CEREMONY Tina 45 min
12 PM		TEAM TRAINING UPPER BODY PULL Mark 60 min				
530 PM	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Sarah T 45 min	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Trae 45 min		

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TEAM TRAINING

Presented by Mesa Fitness

CLASS SCHEDULE

OCT 27 - NOV 1, 2025

All programs on this schedule are available in the FUNCTIONAL TRAINING area.

	MON	TUE	WED	THU	FRI	SAT
5 AM			TEAM TRAINING UPPER BODY PULL Mark 60 min		TEAM TRAINING MOBILITY Mark 60 min	
6 AM		TEAM TRAINING LOWER BODY PULL Mark 60 min		LES MILLS CEREMONY Trae 45 min		
9 AM	TEAM TRAINING UPPER BODY PUSH Mark 60 min	TEAM TRAINING LOWER BODY PULL Mark 60 min	LES MILLS CEREMONY Kyle 45 min	TEAM TRAINING LOWER BODY PUSH Mark 60 min	TEAM TRAINING MOBILITY Mark 60 min	LES MILLS CEREMONY Tina 45 min
12 PM		TEAM TRAINING LOWER BODY PULL Mark 60 min				
530 PM	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Sarah T 45 min	TEAM TRAINING Colton 60 min	LES MILLS CEREMONY Trae 45 min		

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