

Transform GST Virtual Group Class Schedule

*Scroll Below for In Person Park Group Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM		Splits Strength 7:00 - 7:55 AM		Foundations 7:00 - 7:55 AM			
7:30 AM							
8:00 AM		Upper Body Strength & Mobility 8:00 - 8:55 AM	All Level Handstands 8:00 - 8:55 AM	Lower Body Strength & Mobility 8:00 - 8:55 AM			
8:30 AM						Splits Strength 8:30 - 9:25 AM	
9:00 AM							
9:30 AM						All Level Handstands 9:30 - 10:25 AM	
10:00 AM							
10:30 AM							
11:00 AM							All Level Handstands 11:00 AM - 11:55 AM
11:30 AM							
12:00 PM			High Intensity GST 12:15 - 12:45 AM		High Intensity GST 12:15 - 12:45 AM		Advanced Handstands 12:00 - 12:55 PM
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Rings Strength 12:00 - 12:55 PM	Foundations 6:00 - 6:55 PM	Pull-Ups at Home 6:00 - 6:55 PM	All Level Handstands 6:00 - 6:55 PM			
6:30 PM							
7:00 PM		Upper Body Strength & Mobility 7:00 - 7:55 PM	Splits Strength 7:00 - 7:55 PM	Thoracic Mobility 7:00 - 7:55 PM			
7:30 PM							

* Updates as of July, 28th 2020

Blue Classes are for Beginner Level and Up. All levels are welcomed.

Black are Advanced. Ask a Coach or contact us at info@TransformFitness.nyc if you are ready for these before signing up.

View our Foundations Schedule to see which Progressions will be taught for the corresponding Virtual Foundations Class.

In Perosn Foundations in the Park will be a combonation of multiple Foundations, Strength & Mobility Training.

Transform GST In Person Group Class Schedule

*In Person Group Classes will be taught at Central and Prospect Park and are 90 Minutes

Time			Saturday Central Park	Saturday Prospect Park			
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM			Foundations in the Park	Foundations in the Park			
11:30 AM			11:00 AM - 12:30 PM	11:00 AM - 12:30 PM			
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							

* Updates as of July, 20th 2020

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