

Class Schedule August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 HIIT – 6am Zumba – 6pm	2 Kettlebells – 12:15 50/50 Barre Pilates – 5pm	3 TKO – 6am Tabata – 10:15	4	5
6 TRX – 6am Step Challenge – 12:15 Core Blast – 5:30pm	7 Muscle Pump – 8:30am Body Weight Blast – 12:15 Bootcamp – 5:30pm	8 HIIT – 6am Zumba – 6pm	9 Kettlebells – 12:15 AMPD – 5pm	10 TKO – 6am Tabata – 10:15	11	12 HIIT/Barre – 4pm
13 TRX – 6am Step Challenge – 12:15 Core Blast – 5:30pm	14 Muscle Pump – 8:30am Body Weight Blast – 12:15 Bootcamp – 5:30pm	15 HIIT – 6am Zumba – 6pm	16 Kettlebells – 12:15 50/50 Barre Pilates – 5pm	17 TKO – 6am Tabata – 10:15	18	19
20 TRX – 6am Step Challenge – 12:15 Core Blast – 5:30pm	21 Muscle Pump – 8:30am Body Weight Blast – 12:15 Bootcamp – 5:30pm	22 HIIT – 6am Zumba – 6pm	23 Kettlebells – 12:15 50/50 Barre Pilates – 5pm	24 TKO – 6am Tabata – 10:15	25	26 HIIT/Barre – 4pm
27 TRX – 6am Step Challenge – 12:15 Core Blast – 5:30pm	28 Muscle Pump – 8:30am Body Weight Blast – 12:15 Bootcamp – 5:30pm	29 HIIT – 6am Zumba – 6pm	30 Kettlebells – 12:15 AMPD – 5pm	31 TKO – 6am Tabata – 10:15		

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY