

# Class Schedule November 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
						1 Just Balls – 12:15 Boot Camp Barre – 5:30pm		2 Tabata – 6am TRX Mix – 10:15am		3 Bootcamp – 8am		4 HIIT/Yoga – 4pm	
5 Tone Up – 6am Muscle Pump –12:15 Yogatone – 5:30pm		6 Tone Up – 8:30am Total Body Circuits – 12:15 Tabata – 5:30pm		7 Hiit – 6am Bootcamp – 12:15 AMPD – 5:30pm		8 Just Balls – 12:15 Boot Camp Barre – 5:30pm		9 Tabata – 6am TRX Mix – 10:15am		10 Bootcamp – 8am		11 HIIT/Yoga – 4pm	
12 Tone Up – 6am Muscle Pump –12:15 Yogatone – 5:30pm		13 Tone Up – 8:30am Total Body Circuits – 12:15 Tabata – 5:30pm		14 Hiit – 6am Bootcamp – 12:15 AMPD – 5:30pm		15 Just Balls – 12:15 Boot Camp Barre – 5:30pm		16 Tabata – 6am TRX Mix – 10:15am		17 Bootcamp – 8am		18 AMPD – 4pm	
19 Tone Up – 6am Muscle Pump –12:15 Yogatone – 5:30pm		20 Tone Up – 8:30am Total Body Circuits – 12:15 Tabata – 5:30pm		21 Hiit – 6am Bootcamp – 12:15 AMPD – 5:30pm		22		23 Tabata – 6am TRX Mix – 10:15am		24 Bootcamp – 8am		25 AMPD – 4pm	
26 Tone Up – 6am Muscle Pump –12:15 Yogatone – 5:30pm		27 Tone Up – 8:30am Total Body Circuits – 12:15 Tabata – 5:30pm		28 Hiit – 6am Bootcamp – 12:15 AMPD – 5:30pm		Just Balls – 12:15 Boot Camp Barre – 5:30pm The Pulse – 6:45pm		30 Tabata – 6am TRX Mix – 10:15am		31 Bootcamp – 8am			

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY