

Class Schedule December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DEC 31 st TRX – 6am Core Blast – 12:15 Tone Up – 5:30pm					1 Bootcamp – 8am	2 Cadio Sculpt – 8am Gym Opens at 7:45
3 TRX – 6am Core Blast – 12:15 Yogatone – 5:30pm	4 Muscle Pump – 9am Cardio Pilates – 12:15 TKO - 5:30pm	5 Bootcamp – 6am HIIT – 12:15 Step Challenge– 5:30pm	6 Kettlebells – 12:15 Bootcamp Barre – 5:30pm	7 TKO – 6am HIIT – 10:15am	8 Bootcamp – 8am	9 Yoga Hiit – 8am Gym Opens at 7:45
10 TRX – 6am Core Blast – 12:15 Core Blast – 5:30pm	11 Muscle Pump – 9am Cardio Pilates – 12:15 TKO - 5:30pm	12 Cardio Sculpt – 5:30pm	13 Bootcamp Barre – 5:30pm	14	15 Bootcamp – 8am	16 Cadio Sculpt – 8am Gym Opens at 7:45
17 TRX – 6am Core Blast – 12:15 Muscle Pump – 5:30pm	18 Muscle Pump – 9am Cardio Pilates – 12:15 TKO - 5:30pm	19 Bootcamp– 6am HIIT – 12:15 Cardio Sculpt– 5:30pm	20 Kettlebells – 12:15 Bootcamp Barre – 5:30pm The Pulse – 6:45pm	21 TKO – 6am HIIT – 10:15am	22 Bootcamp – 8am	23
24	25	26 Bootcamp– 6am HIIT – 12:15 Cardio Sculpt– 5:30pm	27 Kettlebells – 12:15 TRX Mix – 5:30pm	28 TKO – 6am HIIT – 10:15am	29 Bootcamp – 8am	30 Yoga Hiit – 8am Gym Opens at 7:45

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY