

Class Schedule March 2019

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
												1	Just Balls – 6am		2	Bootcamp – 8am		3	HIIT/Barre – 3pm	
												TRX MIX – 10:15am								
4	Muscle Pump – 6am		5	Tone Up– 9:00am		6	Bootcamp – 6am		7			8	Just Balls – 6am		9	Bootcamp – 8am		10	HIIT/Barre – 8am	
Core Blast – 12:15			Tabata – 12:15			TKO – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am								
Yogatone – 5:30pm			Step Challenge- 5:30pm			Cardio Sculpt – 5:30pm			Slow Burn – 5:30pm											
11	Muscle Pump – 6am		12	Tone Up– 9:00am		13	Bootcamp – 6am		14			15	Just Balls – 6am		16	Bootcamp – 8am		17	Cardio Sculpt – 3pm	
Core Blast – 12:15			Cardio Pilates – 12:15			TKO – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am								
Yogatone – 5:30pm			Step Challenge- 5:30pm			Cardio Sculpt – 5:30pm			Slow Burn – 5:30pm											
18	Muscle Pump – 6am		19	Tone Up– 9:00am		20	Bootcamp – 6am		21			22	Just Balls – 6am		23	Bootcamp – 8am		24	HIIT/Barre – 8am	
Core Blast – 12:15			Cardio Pilates – 12:15			TKO – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am								
Yogatone – 5:30pm			Step Challenge- 5:30pm			Cardio Sculpt – 5:30pm			Slow Burn – 5:30pm											
25	Muscle Pump – 6am		26	Tone Up– 9:00am		27	Bootcamp – 6am		28			29	Just Balls – 6am		30	Bootcamp – 8am		31	Cardio Sculpt – 8am	
Core Blast – 12:15			Cardio Pilates – 12:15			TKO – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am								
Yogatone – 5:30pm			Step Challenge- 5:30pm			Cardio Sculpt – 5:30pm			Slow Burn – 5:30pm											

Subject to Change - Final Schedule Posted Online

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY