

Class Schedule April 2019

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

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY