

Class Schedule August 2019

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

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY