

Class Schedule November 2019

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
												1 HIIT – 6am Step Challenge – 10:15am			2 Bootcamp – 8am			3 Bosu HIIT– 8am		
4 Muscle Pump – 6am Bosu Challenge – 12:15 Core Blast – 5:30pm			5 Core Blast– 9:00am Bootcamp – 12:15 HIIT - 5:30pm			6 Tabata – 6am TBC – 5:30pm			7 Core Blast – 12:15 Guns & Buns – 5:30pm			8 HIIT – 6am Step Challenge – 10:15am			9 Bootcamp – 8am			10 TBC– 8am		
11 Muscle Pump – 6am Bosu Challenge – 12:15 Core Blast – 5:30pm			12 Core Blast– 9:00am Bootcamp – 12:15 HIIT - 5:30pm			13 Tabata – 6am TBC – 5:30pm			14 Core Blast – 12:15 Guns & Buns – 5:30pm			15 HIIT – 6am Step Challenge – 10:15am			16 Bootcamp – 8am			17 Bosu HIIT– 8am		
18 Muscle Pump – 6am Bosu Challenge – 12:15 Core Blast – 5:30pm			19 Core Blast– 9:00am Bootcamp – 12:15 HIIT - 5:30pm			20 Tabata – 6am TBC – 5:30pm			21 Core Blast – 12:15 Guns & Buns – 5:30pm			22 HIIT – 6am Step Challenge – 10:15am			23 Bootcamp – 8am			24 Categories – 8am		
25 Muscle Pump – 6am Bosu Challenge – 12:15 Core Blast – 5:30pm			26 Core Blast– 9:00am Bootcamp – 12:15 HIIT - 5:30pm			27 Tabata – 6am TBC – 5:30pm			28			29 HIIT – 6am Step Challenge – 10:15am			30 Bootcamp – 8am					

Subject to Change - Final Schedule Posted Online

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY