

Class Schedule January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 – Free Classes All Day Bootcamp – 8am *T.B.C. – 10am Yogatone – Noon	2 Step Challenge – 12:15 *T.B.C – 5:30pm	3 Just Balls – 6am TKO – 10:15	4 Bootcamp – 8am	5 Circuits – 8am
6 TRX – 6am Core Blast – 12:15 Muscle Pump – 5:30pm	7 TRX – 9am Step Challenge – 5:30pm	8 Bootcamp – 6am Bootcamp – 12:15 *T.B.C. – 5:30pm	9 Step Challenge – 12:15 Power Hour – 5:30pm	10 Just Balls – 6am TKO – 10:15	11 Bootcamp – 8am	12 *T.B.C. – 8am
13 TRX – 6am Core Blast – 12:15 Muscle Pump – 5:30pm	14 TRX – 9am Step Challenge – 5:30pm	15 Bootcamp – 6am Bootcamp – 12:15 *T.B.C. – 5:30pm	16 Step Challenge – 12:15 Power Hour – 5:30pm	17 Just Balls – 6am TKO – 10:15	18 Bootcamp – 8am	19 Circuits – 8am
20 TRX – 6am Core Blast – 12:15 Muscle Pump – 5:30pm	21 TRX – 9am Step Challenge – 5:30pm	22 Bootcamp – 6am Bootcamp – 12:15 *T.B.C. – 5:30pm	23 Step Challenge – 12:15 Power Hour – 5:30pm	24 Just Balls – 6am TKO – 10:15	25 Bootcamp – 8am	26 Circuits – 8am
27 TRX – 6am Core Blast – 12:15 Muscle Pump – 5:30pm	28 TRX – 9am Step Challenge – 5:30pm	29 Bootcamp – 6am Bootcamp – 12:15 *T.B.C. – 5:30pm	30 Step Challenge – 12:15 Power Hour – 5:30pm	31 Just Balls – 6am TKO – 10:15		

Subject to change: Final schedule is available online.

*Total Body Conditioning

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY