

# Class Schedule February 2020

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY					
																		1	Bootcamp – 8am		2	HIIT/Yoga – 8am	
3	Core Blast – 6am		4	Tone Up – 9am		5	HIIT – 6am		6			7	TKO – 6am		8	Bootcamp – 8am		9	HIIT/Yoga – 8am				
	Kettlebells – 12:15						HIIT – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am										
	TRX – 5:30pm			Tabata - 5:30pm			TBC– 5:30pm			Throw Down Thursday – 5:30pm													
10	Core Blast – 6am		11	Tone Up – 9am		12	HIIT – 6am		13			14	TKO – 6am		15	Bootcamp – 8am		16	HIIT/Yoga – 8am				
	Kettlebells – 12:15						HIIT – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am										
	TRX – 5:30pm			Tabata - 5:30pm			TBC– 5:30pm			Throw Down Thursday – 5:30pm													
17	Core Blast – 6am		18	Tone Up – 9am		19	HIIT – 6am		20			21	TKO – 6am		22	Bootcamp – 8am		23	Categories – 8am				
	Kettlebells – 12:15						HIIT – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am										
	TRX – 5:30pm			Tabata - 5:30pm			TBC– 5:30pm			Throw Down Thursday – 5:30pm													
24	Core Blast – 6am		25	Tone Up – 9am		26	HIIT– 6am		27			28	TKO – 6am		29	Bootcamp – 8am							
	Kettlebells – 12:15						HIIT – 12:15			Muscle Pump – 12:15			TRX MIX – 10:15am										
	TRX – 5:30pm			Tabata - 5:30pm			Bootcamp – 5:30pm			Throw Down Thursday – 5:30pm													

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY