



CLASS SCHEDULE

UPDATED JANUARY 2023

MONDAY

6.00 PM

BOOTCAMP

TUESDAY

5.00 PM

STRONG

7.00 PM

YOGA (restorative)

WEDNESDAY

THURSDAY

6.00 PM

BOOTCAMP

FRIDAY

SATURDAY

8.30 AM

BOOTCAMP

SUNDAY

8.30 AM

STRONG

10.00 AM

STRETCH & STRENGTHEN