



CLASS SCHEDULE

DAY	5:45 AM	8:00 AM	9:30 AM	10:30 AM	11:30 AM	6:30 PM	7:00 PM
MONDAY	FIGHT/COMBAT 60 MIN KRISTINA (STUDIO A)		ZUMBA! WITH STEPHANIE 60 MIN (STUDIO C)	YOGA 60 MINS SANDY (STUDIO A)			
TUESDAY	POWER/PUMP 60 MIN KRISTINA (STUDIO A)		HITT! BOOTCAMP 60 MIN DANIELLE (STUDIO A)	CORE & SENSIBILITY STRENGTH & LENGTHEN DANIELLE (STUDIO A)			
WEDNESDAY	FIGHT/COMBAT 60 MIN KRISTINA (STUDIO A)		FREESTYLE 60 MIN SANDY (STUDIO C)	GO WITH THE FLOW! SANDY (STUDIO C)			BOOTCAMP CURCUIT 60 MINS MAIN GYM DEB
THURSDAY	POWER/PUMP 60 MIN KRISTINA (STUDIO A)		FREESTYLE 60 MIN SANDY (STUDIO C)	GO WITH THE FLOW! SANDY (STUDIO C)		POWER/PUMP 60 MINS JEANNINE	
FRIDAY	FIGHT/COMBAT 60 MIN KRISTINA (STUDIO A)		ZUMBA! WITH STEPHANIE 60 MINS (STUDIO A)	HITT! BOOTCAMP 60 MIN DANIELLE (STUDIO A)			
SATURDAY		BOOTCAMP CURCUIT 60 MINS MAIN GYM ANDREA					
SUNDAY			POWER/PUMP 60 MINS JEANNINE				