

52 CHANCES TO SWEAT WITH US

MONDAY

5:00 AM	BOOTCAMP
6:00 AM	LIFTING + STRENGTH
6:00 AM	BOOTCAMP
8:00 AM	BOOTCAMP
9:30 AM	BARRE
10:10 AM	LIFTING + STRENGTH
12:00 PM	BARRE
6:10 PM	BOXING
6:30 PM	BARRE
7:15 PM	BOOTCAMP

TUESDAY

5:00 AM	BOOTCAMP
6:00 AM	BOXING
6:15 AM	BARRE
9:30 AM	BARRE
10:30 AM	BOXING
11:15 AM	BOOTCAMP
6:30 PM	BOOTCAMP
6:30 PM	BARRE

WEDNESDAY

5:00 AM	BOOTCAMP
6:00 AM	BOOTCAMP
6:00 AM	BOOTCAMP
6:00 AM	BARRE
9:30 AM	BARRE
12:15 PM	LIFTING + STRENGTH
6:15 PM	CARDIO BARRE
6:30 PM	BOOTCAMP

THURSDAY

5:00 AM	BOOTCAMP
6:00 AM	KICKBOXING
6:00 AM	BARRE
6:00 AM	BARRE
7:30 AM	CARDIO BARRE
8:15 AM	BOOTCAMP
10:30 AM	BOXING
6:15 AM	BARRE
6:15 PM	BOOTCAMP

FRIDAY

5:00 AM	BOOTCAMP
6:00 AM	LIFTING + STRENGTH
6:00 AM	BOOTCAMP
7:00 AM	BOXING
9:15 AM	BOOTCAMP
9:30 AM	BARRE
12:15 PM	BARRE
5:30 PM	BARRE
6:45 PM	BOXING

SATURDAY

6:15 AM	LIFTING + STRENGTH
8:45 AM	KICKBOXING
9:00 AM	BARRE
10:30 AM	RESTORATIVE YOGA
10:45 AM	BOOTCAMP

SUNDAY

10:00 AM	BOOTCAMP
10:30 AM	BARRE
11:00 AM	BOXING