

# WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:45am <u>Kickboxing</u> <u>Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45am <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>Libby</i>	5:00-5:45am <u>Kickboxing</u> <u>Boot Camp</u> W/ <i>Kristin</i> <i>Polster</i>	5:00-5:45am <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>John B</i>	5:00-5:45am <u>Kickboxing</u> W/ <i>Kristin Polster</i>	7:00-7:45am <u>Strength &amp;</u> <u>Conditioning</u> <u>Bootcamp</u>	
6:00-6:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>	6:00-6:45am <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>Libby</i>	6:00-6:45am <u>Bootcamp</u> W/ <i>Brooke</i>	6:00-6:45am <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>John B</i>	6:00-6:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>  6:45-:715am <u>Core</u>	8:00-8:30am <u>Core</u>  8:30 -9:15 <u>Bootcamp</u>	
10:00-10:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>	10:00-10:45am <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>Libby</i>	10:00-10:45am <u>Bootcamp</u> W/ <i>Brooke</i>	10:00-10:45am <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>John B</i>	10:00-10:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>		
4:00-4:45pm <u>Boot Camp</u> W/ <i>Kristin Polster</i>						
5:00-5:45pm <u>Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45pm <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>Libby</i>	5:00-5:45pm <u>Boot Camp</u> W/ <i>Jackson</i>	5:00-5:45pm <u>Strength &amp;</u> <u>Conditioning</u> W/ <i>John</i>	4:30- <u>Bootcamp</u> W/ <i>Kristin</i>		
	6:00 p.m <u>Kickboxing</u> <i>Jackson</i>	6:00-6:45pm <u>Bootcamp</u> <i>Jackson</i>	5:45 <i>Core</i>			