

WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:45am <u>Kickboxing Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45am <u>Strength & Conditioning</u> W/ <i>Libby</i>	5:00-5:45am <u>Kickboxing Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45am <u>Strength & 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 & Conditioning Bootcamp</u>	
6:00-6:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>	6:00-6:45am <u>Strength & Conditioning</u> W/ <i>Libby</i>	6:00-6:45am <u>Bootcamp</u> W/ <i>Brooke</i>	6:00-6:45am <u>Strength & Conditioning</u> W/ <i>John B</i>	6:00-6:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i> 6:45-7:15am <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 & Conditioning</u> W/ <i>Libby</i>	10:00-10:45am <u>Bootcamp</u> W/ <i>Brooke</i>	10:00-10:45am <u>Strength & 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>	4:00-4:45pm <u>Strength & Conditioning</u> W/ <i>Libby</i>		4:00-4:45pm <u>Strength</u> <i>John</i>			
5:00-5:45pm <u>Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45pm <u>Strength & Conditioning</u> W/ <i>Libby</i>	5:00-5:45pm <u>Boot Camp</u> W/ <i>Carlin</i>	5:00-5:45pm <u>Strength & Conditioning</u> W/ <i>John</i>	5:00-5:45pm <u>Bootcamp</u> W/ <i>Kristin</i>		
	6:00 p.m <u>Kickboxing</u> <i>Rick Carter</i>	6:00-6:45pm <u>Bootcamp</u> <i>Carlin</i>				