

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 &</u> <u>Conditioning</u> W/ <i>Caiden Ryg</i>	5:00-5:45am <u>Kickboxing</u> <u>Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45am <u>Strength &</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 &</u> <u>Conditioning</u> <u>Bootcamp</u>	9:00 <u>Bootcamp</u> w/ <i>Kristin Bowe</i> Starting 10/24
6:00-6:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>	6:00-6:45am <u>Strength &</u> <u>Conditioning</u> W/ <i>Caiden Ryg</i>	6:00-6:45am <u>Bootcamp</u> W/ <i>Brooke</i>	6:00-6:45am <u>Strength &</u> <u>Conditioning</u> W/ <i>John B</i>	6:00-6:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>	8:00-8:30am <u>Core</u> 8:45 - <u>Bootcamp</u>	
				7:00-7:45am <u>CORE</u> W/ <i>Kristin Polster</i>		
10:00-10:45am <u>Boot Camp</u> W/ <i>Kristin Polster</i>	10:00-10:45am <u>Strength &</u> <u>Conditioning</u> W/ <i>Caiden Ryg</i>	10:00-10:45am <u>Bootcamp</u> W/ <i>Brooke</i>	10:00-10:45am <u>Strength &</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>	4:00-4:45pm <u>Strength &</u> <u>Conditioning</u> W/ <i>Caiden Ryg</i>	4:00-4:45pm <u>Boot Camp</u> W/ <i>Brooke Scholbe</i>				
5:00-5:45pm <u>Boot Camp</u> W/ <i>Kristin Polster</i>	5:00-5:45pm <u>Strength &</u> <u>Conditioning</u> W/ <i>Caiden Ryg</i>	5:00-5:45pm <u>Boot Camp</u> W/ <i>Brooke Scholbe</i>	5:00-5:45pm <u>Strength &</u> <u>Conditioning</u> W/ <i>John B</i>	5:00-5:45pm <u>Kickboxing</u> <u>and Bootcamp</u> W/ <i>Kristin Polster</i>		
		6:00-6:45pm <u>Bootcamp</u> <i>Brooke Scholbe</i>	5: 45-6:15pm <u>Core</u> W/ <i>John B</i>			
	6:00 p.m <u>Kickboxing</u> Rick Carter	6:30 p.m <u>Kickboxing</u> Victor Raab	6:15 - 7:00 pm <u>STRENGTH</u> <i>John B</i>			