

WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-5:45am <u>Kickboxing</u> <u>Boot Camp</u> W/ Carlin	5:00-5:45am <u>Bootcamp</u> W/ Tracy	5:00-5:45am <u>Kickboxing</u> <u>Boot Camp</u> W/ Carlin	5:00-5:45am <u>Strength &</u> <u>Conditioning</u> W/ John B	5:00-5:45am <u>Kickboxing</u> W/ Carlin	7:15-8:00am <u>Strength &</u> <u>Conditioning</u> <u>Bootcamp</u>	
6:00-6:45am <u>Strength &</u> <u>Conditioning</u> W/ Caiden Ryg	6:00-6:45am <u>Bootcamp</u> /Tracy	6:00-6:45am <u>Bootcamp</u> W/ Carlin	6:00-6:45am <u>Strength &</u> <u>Conditioning</u> W/ John B	6:00-6:45am <u>Boot Camp</u> W/ Caiden	8:00-8:30am <u>Core</u>	
10:00-10:45am <u>Strength &</u> <u>Conditioning</u> W/ Caiden Ryg	9:00-9:45am <u>Bootcamp</u> W/ Tracy	9:00-9:45am <u>Bootcamp</u> W/ Carlin	9:00-9:45am <u>Strength &</u> <u>Conditioning</u> W/ John B	10:00-10:45am <u>Boot Camp</u> W/ Caiden		
4:15-5:00pm <u>Boot</u> <u>Camp</u> <u>Strength</u> <u>& Conditioning</u> W/ Caiden Ryg			4:15-5:00pm <u>Strength &</u> <u>Conditioning</u> W/ John			
5:15-6:00pm <u>Strength &</u> <u>Conditioning</u> W/ Caiden Ryg	5:15-6:00pm <u>Bootcamp</u> W/ Tracy	5:15-6:00pm <u>Boot Camp</u> W/ Jackson	5:15-6:00pm <u>Strength &</u> <u>Conditioning</u> W/ John			
	6:00 p.m <u>Kickboxing</u> Jackson	6:00-6:45pm <u>Bootcamp</u> Jackson				