FITNESS SCHEDULE

DAYS	TIME	CLASS	INST.	COST	MORE INFORMATION
MONDAY AND WEDNESDAY AND FRIDAY	6:00 – 6:30 a.m.	BOOTCAMP	Travis	$9	Circuit style training with total body sculpt and burn
	7:00 - 7:30 a.m.	L.I.T.	Erin	$9	Low impact, bootcamp style class *beginner friendly*
	7:30 – 8:00 a.m.	BOOTCAMP	Travis	$9	Circuit style training with total body sculpt and burn
	9:00 – 9:30 a.m.	Toning Bootcamp	Travis	$5	Tone & sculpt lean muscle: *beginner friendly*
	9:30-10:00 a.m.	Yoga	Mandy	$12	Yoga classes with Mandy *beginner friendly*
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TUESDAY AND THURSDAY	6:30 - 7:00 a.m.	Ironside	Travis	$9	All weights, Tues - Push day; Thurs - Pull day
	7:30 – 8:00 a.m.	HIIT	Travis	$9	High-intensity interval training
	9:30 – 10:15 a.m.	BOOTCAMP	Travis	$11	Circuit style training with total body sculpt and burn
SATURDAY	7:30 - 8:00 am	BOOTCAMP	Travis	$9	Circuit style training with total body sculpt and burn
	9:00-9:45 am	BOOTCAMP	Travis	$11	Circuit style training with total body sculpt and burn

TRAIN HARD. GET FIT.

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