

2017	monday	tuesday	wednesday	thursday	friday	saturday
5:30	BOOTCAMP christa	KICKBOX christa (30 min)	BARBELL BLAST christa	BOOTCAMP christa (30 min)		
8:00						BARBELL BLAST christa
9:00	 mandy	BOOTCAMP shelley	KICKBOX christa	 ember		KICKBOX christa
10:00						YOGA - VINYASA FLOW leslie l.
11:00						 cassie
6:00	BOOTCAMP leslie l.	BARBELL BLAST shelley	TURBO KICKBOX mandy	BOOTCAMP shelley		
7:00	 cassie	 amanda	YOGA - YIN leslie l.	HIP HOP STEP angela		