























# GROUP FITNESS SCHEDULE

**HOURS: Monday-Thursday** 5am–10pm, **Fridays** 5am–9pm **Weekends:** 8am–5pm **CHILDCARE: Weekdays** 8:30am-11:30am & 5pm-7:30pm **Sat.** 8:30am–11:30am  
(NOTE: Childcare hours may be extended to match the current Boot Camp schedule, which varies program to program.)

| TIME                    | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  |
|-------------------------|--|---|---|---|--|---|
| AM<br>5:30AM<br>-7:30AM |   | <b>COMING SOON</b><br><br>BCx Power • Shred • Mobility |   | <b>COMING SOON</b><br><br>BCx Power • Shred • Mobility |   | <b>COMING SOON</b><br><br>BCx Power • Shred • Mobility |
| 8:00<br>AM              | <br>With Lena                                 | 30-Minute Specialized<br>Workouts with a Trainer  | <br>With Lena                                 | 30-Minute Specialized<br>Workouts with a Trainer  | Remember,<br>we HAVE FREE<br>CHILDCARE!  | <br>Team Max Open<br>Posing Practice                   |
| 9:00<br>AM              | <br>Fun Cardio & Toning<br>Workout with Paula | <b>POWER HIIT</b><br>Pump, Strength, Sculpt, Tone<br>Laurie   | <br>Fun Cardio & Toning<br>Workout with Paula | <b>POWER HIIT</b><br>Pump, Strength, Sculpt, Tone<br>Laurie   | <br>Fun Cardio & Toning<br>Workout with Paula | <br>Fun Cardio & Toning<br>Workout with Paula          |
| 10:00<br>AM             | <b>JOIN TEAM MAX</b><br>for bikini, figure, physique &<br>bodybuilding competitors.  | <b>YOGA+</b><br>Yoga + Pilates – Rose<br>Silver Sneakers Certified  |   | <b>YOGA+</b><br>Yoga + Pilates – Rose<br>Silver Sneakers Certified  |  | <b>YOGA</b><br>ALL LEVELS<br>VINYASA<br>Ashtanga Yoga - Sam   |
| PM                      |  |   |   |   |  |   |
| 4:30<br>PM              |    |   |    |   | <b>FREE INBODY</b><br>Body Composition Analysis.<br>1 <sup>st</sup> InBody is FREE for members.                                  | Follow Us On<br><b>Instagram</b><br>                  |
| 5:30<br>PM              | <b>KICKBOXING</b><br>Fat Melting Cardio<br>Kickboxing with Steve   | <br>Fun Cardio & Toning<br>Workout with Paula        | <b>KICKBOXING</b><br>Fat Melting Cardio<br>Kickboxing with Steve  | <br>Fun Cardio & Toning<br>Workout with Paula        |   | <b>TRANSFORM<br/>YOUR BODY<br/>&amp; YOUR LIFE!</b>   |
| 6:30<br>PM              |   | <b>YOGA</b><br>POWER FLOW<br>Vinyasa - Sam  |   | <b>YOGA</b><br>TANTRA VINYASA<br>Vinyasa Yoga - Shelley   |  Find us on:<br><b>facebook.</b>            | Learn More<br>About BCx online.   |
| 7:30<br>PM              | Let our staff show you our FREE <b>max</b> method workouts!  |   |   |   |  | Read testimonials, see<br>before and afters, get  |

All Classes Are FREE unless marked by the  symbol. Learn More About BCx Training Online, including pricing, testimonials, program details, sample video & a chance to preregister.

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