

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Plyometric Cardio Mix	Half-Boot Camp				
6:00 AM				Cardio Cross Train	Core Training		
6:30 AM	Boot Camp (1 hour)	Body Burn		Kettle Bell Body Sculpting			
7:00 AM				Stretch + Strength		Body Burn (1 hour)	
7:30 AM							
8:00 AM						Boot Camp (1 hour)	
8:30 AM							
9:00 AM						Stretch	20-20-20 (1 hour)
9:30 AM	Cardio Cross Train		Cardio Mix				
10:00 AM	Stretch				"22" Intervals		Body Burn (1 hour)
10:30 AM		Body Burn		Core Training	Kettle Bell Body Sculpting		
11:00 AM				Cardio Cross Train			Power Vinyasa Yoga (1 hour)
11:30 AM					Stretch + Strength		
12:00 PM					Team Treadmill		Gentle Vinyasa Yoga (1 hour)
12:30 PM							
1:00 PM						Boot Camp (1 hour)	
1:30 PM							
2:00 PM						Body Burn	
4:00 PM							
4:30 PM							
5:00 PM				Kettle Bell Body Sculpting			
5:30 PM	20-20-20 (1 hour)			Yin + Yang Yoga (1 hour)			
6:00 PM					Team Treadmill		
6:30 PM		"22" Intervals	Core Training	Cardio Cross Train	Plyometric Cardio Mix		
7:00 PM		Boot Camp (1 hour)	"22" Intervals				
7:30 PM			Body Burn				
8:00 PM	Kettle Bell Body Sculpting	Cardio Cross Train	Plyometric Cardio Mix	Core Training			
8:30 PM	Stretch	Team Treadmill	Half-Boot Camp	Free Weight Body Sculpting			
9:00 PM							



WEEKLY CLASS SCHEDULE

2/12/2012