

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	Strength Lower Body Michael	Boxfusion Tamara	Strength Full Body Michael	ABT Tamara	Strength Upper Body Michael	
6:10AM	Strength Lower Body Michael	Fusion Katie	Strength Full Body Michael	Functional Katie	Strength Upper Body Michael	6:30am Free Bootcamp
9:10AM	Strength Lower Body Michael	ABT Tamara	Bootcamp Chalana	Burn Tamara	GEN X Chalana	7:45am Pilates Katie
3:30PM	Kidsfit ages 4-7			Youthfit ages 8-12		
4:30PM	Strength Lower Body Michael	ABT Tamara	Bootcamp Michael	Functional Tamara		
5:30PM	Strength Lower Body Michael	Fusion Tamara	Bootcamp Michael	Functional Katie	5:00PM GEN X Chalana	
6:30PM	Pilates Katie					