

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM	STRENGTH + CONDITIONING MICHAEL	BOXFIT TAMARA	FIT, FAST & FUNCTIONAL MICHAEL	ABT X TAMARA	STRENGTH + CONDITIONING MICHAEL	
6:10 AM	STRENGTH + CONDITIONING MICHAEL	BOOTCAMP KT	FIT, FAST & FUNCTIONAL MICHAEL	BOOTCAMP KT	STRENGTH + CONDITIONING MICHAEL	6:30 AM BOOTCAMP MICHAEL/JORDS
9:10 AM	STRENGTH + CONDITIONING MICHAEL	ABT X LURINDA	FIT, FAST & FUNCTIONAL MICHAEL	PILATES KIMMY	STRENGTH + CONDITIONING TAMARA	7:45 AM PILATES KT
4 PM	GEN X EDDIE	KidsFIT (4-7 years) JORDS	GEN X EDDIE	YouthFIT (8-12 years) JORDS	GEN X EDDIE	
5 PM	GEN X EDDIE	FIT, FAST & FUNCTIONAL TAMARA	GEN X EDDIE	STRENGTH + CONDITIONING ADAM	GEN X EDDIE	
6 PM	FIT, FAST & FUNCTIONAL KT	BOXFIT TAMARA	PILATES KT	STRENGTH + CONDITIONING ADAM	FIT, FAST & FUNCTIONAL JORDS	



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