

Sunday

Sunday Strength with Laura : 7am, 8am, and 9am

Starting Strength with Rachel : 10am

Monday

Lunch and Lift with Matt : 12pm

Total Body Strength with Ashley : 7pm

Wednesday

Booty Boot Camp with Laura : 5am and 6am

Lunch and Lift with Matt : 12pm

Superset Circuit with Ashley : 6pm

Friday

Functional Movements with Natasha : 5am

Lunch and Lift with Matt : 12pm

Saturday

Circuit with Ashley : 8am

