

## Sunday

**Sunday Strength with Laura :** 7am and 8:30am

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## Monday

**Lunch and Lift with Matt :** 12pm

**Total Body Strength with Ashley :** 7pm

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## Wednesday

**Booty Boot Camp with Laura :** 5am and 6am

**Lunch and Lift with Matt :** 12pm

**Superset Circuit with Ashley :** 6pm

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## Friday

**Functional Movements with Natasha :** 5am

**Lunch and Lift with Matt :** 12pm

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## Saturday

**Suspension Training With Katie:** 7am

**Circuit with Ashley :** 8am

