



PLAYGROUND TRAINING ACADEMY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp	5am - 6am HIIT Bootcamp		
6am - 7am HIIT Bootcamp		6am - 7am HIIT Bootcamp		6am - 7am HIIT Bootcamp		7am - 8am Weight Training with Lisa (\$10 drop in)
8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp	8:30am - 9:30am HIIT Bootcamp		
10:30am - 11:30am Home School Playground Warriors					11am - 12pm Playground Warriors (all ages)	
	1pm - 2pm Home School Playground Warriors		1pm - 2pm Home School Playground Warriors			
					2pm - 4pm Obstacle Course Training (\$10 drop in)	
4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp	4pm - 5pm HIIT Bootcamp		
	5pm - 6pm Kid Ninja (age 3-6) (\$15 drop in)		5pm - 6pm Kid Ninja (age 3-6) (\$15 drop in)			
	6:00pm - 7:00pm Playground Warriors (all ages)	5:45pm - 6:20pm L.A.B Bootcamp		5:30pm - 6:30pm Playground Warriors (all ages)		
6:30pm - 7:30pm Playground Warriors (age 6-12)		6:30pm - 7:30pm Playground Warriors (age 6-12)				
7:30pm - 8:30pm Playground Warriors (age 13+)	7pm - 8pm Spartan Training (\$10 drop in)	7:30pm - 8:30pm Playground Warriors (age 13+)	7pm - 8pm Spartan Training (\$10 drop in)			