



DAILY WORKOUT

SCHEDULE

MONDAY

**FREE-WEIGHTS 12:30-1:15
BOOT CAMP 6PM-7PM**

TUESDAY

BOOT CAMP 6PM-7PM

WEDNESDAY

TRX CLASS 10-10:45AM

THURSDAY

BOOT CAMP 6PM-7PM

FRIDAY

WEIGHT CIRCUIT 945-1030AM

**\$98 MONTH PRE-PAID
EFT/\$15 PER CLASS
DROP IN**



**COACH WALTER
(714) 916-3422**