



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00 AM						BEACH BOOTCAMP (PIER)	
9:00 - 10:00 AM	BEACH BOOTCAMP (PIER)		BEACH BOOTCAMP (PIER)		BEACH BOOTCAMP (PIER)		
11:30 AM - 12 PM	LUNCH CRUNCH 1800 (STUDIO)		LUNCH CRUNCH 1800 (STUDIO)		LUNCH CRUNCH 1800 (STUDIO)		
4:30 - 5:30 PM							
5:00 - 6:00 PM	RAISE THE BAR STRENGTH (STUDIO) 5:00 - 5:50PM	BEACH BOOTCAMP (PIER)	RAISE THE BAR STRENGTH (STUDIO)	BEACH BOOTCAMP (PIER)			SUNDAY STRETCH (ON ZOOM)*
6:00 - 7:00 PM		BEACH BOOTCAMP (PIER)		BEACH BOOTCAMP (PIER)	RAISE THE BAR STRENGTH (STUDIO)		
6:30 - 7:30 PM	BEACH BOOTCAMP (PIER)		BEACH BOOTCAMP (PIER)				

*PLEASE CONTACT US PRIOR TO ATTENDING SUNDAY STRETCH