



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|------------------------|-------------------------|------------------------|------------------------|-------------------------|--------------------|
| 6:00AM | MINI BLITZ | BODY BLITZ (WEIGHTS) | BODY BLITZ (Boxing) | | BODY BLITZ (WEIGHTS) | |
| 6:30AM | MINI BLITZ | | | | | BOOTCAMP 7:00am |
| 9:30AM | | | MINI BLITZ | | MINI BLITZ | |
| 10:30am | Seniors Session | | | | Seniors Session | |
| 4:15pm | | BODY BLITZ (HIIT) | | BODY BLITZ (Boxing) | | |
| 5:00PM | | | Beginner Blitz | | | |
| 5:30PM | | | MINI BLITZ | | | |
| 5:45PM | BODY BLITZ (WEIGHT) | OVER 40S | DEEP STRETCH | OVER 40S | | |
| 6:30PM | MINI BLITZ | | BODY BLITZ (Boxing) | | | |



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|---------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|----------|
| 5:30AM | | | | | | |
| 6:15AM | | | | | | |
| 7:00am | Semi Private Training | Semi Private Training | Semi Private Training | | Semi Private Training | |
| 9:30am | Semi Private Training | | | | | |
| 10:30am | | Semi Private Training | | Semi Private Training | | |
| 5:00PM | Semi Private Training | Semi Private Training | | Semi Private Training | | |
| 5:45PM | | | | | | |
| 6:30PM | | | | | | |
| 7:00PM | | | | | | |