INSPIRATIONAL LIFE

155 Woodport Road ▪ Sparta, NJ ▪ 973.862.1863 ▪ www.INSPIRATIONALLIFENJ.com

SUN	MON	TUES	WED	THUR	FRI	SAT
	5:30 AM Boot Camp	**5:30 AM** Abs-X	**5:30 AM** Boot Camp	**5:30 AM** TRX	**5:30 AM** Boot Camp	
	6:15 AM Boot Camp		**6:15 AM** Boot Camp		**6:15 AM** Boot Camp	**6:15 AM** TRX Core
	7:00 AM Boot Camp	**7:00 AM** Abs-X	**7:00 AM** Boot Camp		**7:00 AM** Boot Camp	**7:15 AM** Boot Camp
	8:00 AM Boot Camp		**8:00 AM** Boot Camp		**8:00 AM** Boot Camp	**8:00 AM** Boot Camp
		8:30 AM Boot Camp		**8:30 AM** Boot Camp		
	9:00 AM Boot Camp		**9:00 AM** Boot Camp		**9:00 AM** Boot Camp	
	5:30 PM Boot Camp		**5:30 PM** Boot Camp		**5:30 PM** Boot Camp	
	6:30 PM Boot Camp		**6:30 PM** Boot Camp			

Effective 10/31/2026