

December

GENESIS



FITNESS

| | M | T | W | T | F | S | S |
|-----------|--------------------------|--------------------------|----------------------------|--------------------------|----------------------|--------------------------|----------------------|
| 5 AM | Group Training | Group Training | Group Training | Group Training | Group Training | | |
| 6 AM | Group Training | Group Training | Group Training | Group Training | Group Training | | |
| 7 AM | | Group Training | | Group Training | | | |
| 8 AM | Group Training | | Group Training | | Group Training | HIIT Cardio & Abs | Challenge HIIT Class |
| 9 AM | Beast Mode Upper Body | Beast Mode Lower Body | Beast Mode Back | Beast Mode Bis & Tris | Beast Mode Full Body | Full Body Burn Out | |
| 10 AM | OPEN GYM | Turbo Kick | OPEN GYM | Turbo Kick | OPEN GYM | Full Body Funct. Fitness | |
| 11 AM | Group Training | Group Training | Group Training | Group Training | Group Training | | |
| 12 - 3 PM | | | | | | | |
| 1 PM | Just Move | Just Move | Just Move | | | | |
| 2 PM | | Beginner Fitness | Beginner Fitness | | | | |
| 4 PM | Youth Sports Performance | Youth Sports Performance | Youth Sports Performance | Youth Sports Performance | | | |
| 4-5 PM | Group Training | Group Training | Group Training | Group Training | Group Training | | |
| 5-6 PM | Youth Sports Performance | Youth Sports Performance | Youth Sports Performance | Youth Sports Performance | | | |
| 5-6 PM | Group Training | Group Training | Group Training | Group Training | Boxing* | | |
| 6-7 PM | Youth Sports Performance | Youth Sports Performance | Youth Sports Performance | Youth Sports Performance | | | |
| 6-7 PM | Group Training | Group Training | Group Training | Group Training | | | |
| 6:15 PM | Sunset Spin | | Challenge Group Discussion | Sunset Spin | | | |
| 7 PM | Boxing* | | Boxing* | | | | |

***Boxing starts Dec. 12!**
\$15 for current clients, \$20 drop in rate for non-members



Group Training Specialty Youth Sports Performance Challenge Open Gym