

SUMMER 2024 CLASS SCHEDULE - as of Aug 6th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9 am - 10 am SO FIT Kickboxing Sandy *Ends Sept 3rd				9 am - 10 am HYBRID Training Sandy
				10 am - 11 am SO FIT Bootcamp Sandy		10:00 am - 11:00 am SO FIT Bootcamp Sandy
10:30 am - 11:30 am SO FIT Pilates Colleen						
	12 pm - 1 pm SO STRONG Sandy	12 pm - 1 pm SO FIT Bootcamp Sandy	12 pm - 1 pm HYBRID Training Sandy	12 pm - 1 pm SO FIT Kickboxing Sandy	12 pm - 1 pm HYBRID Training Sandy	
12:30 pm - 1:30 pm SO FIT Kickboxing Sandy/Kellie					5:30 pm - 6:30 pm SO FIT TRX Sandy	
	6 pm - 7 pm SO FIT Bootcamp Sandy	5:30 pm - 6:30 pm SO FIT Kickboxing Sandy *Ends Sept 3rd	6 pm - 7 pm Yoga Colleen	6 pm - 7 pm Kettlebells & RAMs Sandy		
	7 pm - 8 pm HYBRID Training Sandy		7 pm - 8 pm SO STRONG Kellie			
	8 pm - 9 pm SO FIT Pilates Colleen	7:30 pm - 8:30 pm HYBRID Training Sandy	8 pm - 9 pm SO FIT Kickboxing Kellie	7:30 pm - 8:30 pm HYBRID/Bootcamp Sandy		

All classes must be booked via our application.