



2018 Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45am Circuit Training Matthew M.	6:00-6:45am Circuit Training Matthew M.	6:00-6:45am Circuit Training Anthony	6:00-6:45am Circuit Training Anthony	6:00-6:45am Circuit Training Matthew M.	
					7:00-7:45am MX Strength Sonja
8:00-8:45am Circuit Training Carol	8:00-8:45am H.I.I.T Abs Matthew M.	8:00-8:45am Body Sculpting Matthew M.	8:00-8:45am Circuit Training Matthew M.	8:00-8:45am Circuit Training Juan	8:00-8:45am H.I.I.T Abs Ian
9:30-10:30am MX Strength Matthew M.	9:30-10:30am Body Sculpting Juan	9:30-10:30am MX Cardio Matt	9:30-10:30am H.I.I.T Abs Sam	9:30-10:30am Body Sculpting Matthew M.	9:00-9:45am Circuit Training Matt
					10:30-11:30am Outdoor Boot Camp Anthony
12:00-12:45pm Circuit Training Brian	3:30-7:00pm Mega Circuit ↓	12:00-12:45pm Circuit Training Brian		12:00-12:45pm Circuit Training Brian	11:15-12:00pm Intro Training Matt
3:30-4:00pm Body Sculpting Anthony		3:30-4:00pm Body Sculpting Anthony	3:30-4:00pm Cardio Blitz Anthony	3:30-4:00pm Cardio Blitz Matt	
4:00-4:45pm Cardio Endurance Anthony		4:00-4:45pm Cardio Endurance Anthony	4:00-4:45pm Body Sculpting Anthony	4:00-4:45pm Body Sculpting Matt	
5:15-6:15pm Circuit Training Matt		5:15-6:15pm Circuit Training Matt	5:00-5:45pm H.I.I.T Abs Matt	5:00-5:45pm Boot Camp Anthony	
6:30-7:30pm Boot Camp Sam		6:30-7:30pm H.I.I.T Abs Sam	6:00-6:45pm Circuit Training Jillian		
	7:00-8:00pm 10x Circuit Matt		7:00-7:45pm Circuit Training Sam		

"The hardest thing about exercise is to start doing it. Once you are doing exercise regularly, the hardest thing is to stop it." -Erin Gray
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