




2018 Class Schedule



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

"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