

## CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6-7AM</b>	<b>6-7AM</b>	<b>6-7AM</b>	<b>6-7AM</b>	<b>6-7AM</b>	
<i>MORNING MASH 60</i>	<i>MORNING MASH 60</i>	<i>MORNING MASH 60</i>	<i>MORNING MASH 60</i>	<i>MORNING MASH 60</i>	
<b>8:30-9:00 AM</b>	<b>8:30-9:00 AM</b>	<b>8:30-9:00 AM</b>	<b>8:30-9:00 AM</b>	<b>8:30-9:00 AM</b>	
<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>	
<b>9:00-10:00 AM</b>	<b>9:00-10:00 AM</b>	<b>9:00-10:00 AM</b>	<b>9:00-10:00 AM</b>	<b>9:00-10:00 AM</b>	<b>8-9AM</b>
<b>TRX TOTAL BODY DESTRUCTION</b>	<b>CHAOS 60</b>	<b>TRX Iron Fusion</b>	<b>CHAOS 60</b>	<b>TRX Cardio Core</b>	<i>MORNING MASH 60</i>
<b>10:00-11:00 AM</b>	<b>10:00-11:00 AM</b>	<b>10:00-11:00 AM</b>	<b>10:00-11:00 AM</b>	<b>10:00-11:00 AM</b>	<b>10:00-11:00 AM</b>
<b>SMALL GROUP TRAINING</b>	<b>TRX Cardio Core</b>	<b>SMALL GROUP TRAINING</b>	<b>TRX TOTAL BODY DESTRUCTION</b>	<b>SMALL GROUP TRAINING</b>	<b>CHAOS 60</b>
<b>11:00-12:00 PM</b>	<b>11:00-12:00 PM</b>	<b>11:00-12:00 PM</b>	<b>11:00-12:00 PM</b>	<b>11:00-12:00 PM</b>	<b>11:00-12:00 PM</b>
<b>TRX Cardio Core</b>	<b>SMALL GROUP TRAINING</b>	<b>TRX Cardio Core</b>	<b>SMALL GROUP TRAINING</b>	<b>TRX Iron Fusion</b>	<b>TRX TOTAL BODY DESTRUCTION</b>
<b>OPEN GYM</b> 12:30p-5pm Personal Training Sports Training	<b>OPEN GYM</b> 12:30p-5pm Personal Training Sports Training	<b>OPEN GYM</b> 12:30p-5pm Personal Training Sports Training	<b>OPEN GYM</b> 12:30p-5pm Personal Training Sports Training	<b>GYM IS</b>	<b>GYM IS</b>
<b>5:30pm-6:00pm</b>	<b>5:30pm-6:00pm</b>	<b>5:30pm-6:00pm</b>	<b>5:30pm-6:00pm</b>	<b>C</b>	<b>C</b>
<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>	<b>CARDIO BLAST</b>		
<b>6pm-7pm</b>	<b>6pm-7pm</b>	<b>6pm-7pm</b>	<b>6pm-7pm</b>	<b>L</b>	<b>L</b>
<b>CHAOS 60</b>	<b>TRX Cardio Core</b>	<b>CHAOS 60</b>	<b>TRX TOTAL BODY DESTRUCTION</b>	<b>O</b>	<b>O</b>
<b>7pm-8pm</b>	<b>7pm-8pm</b>	<b>7pm-8pm</b>	<b>7pm-8pm</b>	<b>S</b>	<b>S</b>
<b>TRX TOTAL BODY DESTRUCTION</b>	<b>SMALL GROUP TRAINING</b>	<b>TRX Cardio Core</b>	<b>SMALL GROUP TRAINING</b>	<b>E</b>	<b>E</b>
				<b>D</b>	<b>D</b>
			<b>SMALL GROUP TRAINING</b> <b>**SIGN UP ONLY**</b>		
			<b>TRX TRAINING</b>		
			<b>STRENGTH TRAINING</b>		
			<b>CONDITIONING</b>		
			<b>METABOLIC TRAINING</b>		

# ***CLASS SCHEDULE***

