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| M | T | W | T | F | S | S |
| **MORNING SESSIONS** |
|  |  |  |  |  |  |  |
| **BODY** **CONDITIONING**AL9:15 | **BOOTCAMP****DAN**9:15 | **STRENGTH AND ATHLETIC**STACY9:00 | **BOOTCAMP**DAN9:15 | **FULL/BODY****CONDITINING**AL9:00 | **BOOTCAMP**Stacey9:00 | **YOGA**SABRA10:00 |
|  |  |  |  |  |  |  |
| **AFTERNOON SESSIONS** |
| **HIIT/BOOTCAMP** AL5:30KICKBOXING Dan7:00 | **ZUUMBA****Alex**6:30 | **YOGA****Natasha**5:00SUPERSET CIRCUIT6:15KICKBOXING7:15 | **ZUUMBA****Joanna****6:00** |  |  |  |
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