|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| M | T | | W | T | F | S | S |
| **MORNING SESSIONS** | | | | | | | |
|  |  | |  |  |  |  |  |
| **BODY**  **CONDITIONING**  AL  9:15 | **BOOTCAMP**  **DAN**  9:15 | | **STRENGTH AND ATHLETIC**  STACY  9:00 | **BOOTCAMP**  DAN  9:15 | **FULL/BODY**  **CONDITINING**  AL  9:00 | **BOOTCAMP**  Stacey  9:00 | **YOGA**  SABRA  10:00 |
|  |  | |  |  |  |  |  |
| **AFTERNOON SESSIONS** | | | | | | | |
| **HIIT/BOOTCAMP**  AL  5:30  KICKBOXING Dan  7:00 | **ZUUMBA**  **Alex**  6:30 | **YOGA**  **Natasha**  5:00  SUPERSET CIRCUIT  6:15  KICKBOXING  7:15 | | **ZUUMBA**  **Joanna**  **6:00** |  |  |  |
|  |  |  | |  |  |  |  |
|  |  |  | |  |  |  |  |