

Monday

Tuesday




Wednesday

Thursday

Friday

Saturday

Sunday

6:00 AM			Turbo Kick		Cycle		
7:00 AM		Cycle		Cycle With Weights			
8:15 AM						Boot Camp	
8:15 AM							
8:30 AM	Pilates		Interval Aerobic				
9:15 AM							Boxing
9:15 AM						Cycle	Cycle
9:30 AM	Strength & Conditioning		Pilates	Turbo Kick	Yoga		
9:30 AM					HITT		
10:15 AM							
10:30 AM							
11:15 AM							Restorative Yoga
12:00 PM							
5:30 PM		Abs/Core (30) min		Tabata			
5:30 PM	Cycle		Cycle	Cycle			
6:00 PM		Boot camp					
6:30 PM				Core Balance			
7:15 PM		Kickboxing		Boxing			
8:15 PM	MMA Conditioning						

