**Class Schedule**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 5:45 am  Bootcamp | 5:45 am  Bootcamp | 5:45 am  Bootcamp | 5:45 am  Bootcamp |  | 9:00 am  Bootcamp |
|  | 7:30 am  Bootcamp | 7:30 am  Bootcamp | 7:30 am  Bootcamp | 7:30 am  Bootcamp | 7:30 am  Bootcamp |  |
| 9:00 am  Band burns & Abs |  |  |  |  |  | 10:00 am  Boxing |
|  | 5:30 pm Bootcamp | 5:30 pm  Bootcamp | 5:30 pm  Bootcamp | 5:30 pm  Bootcamp |  | Yoga- Will return in the spring |
|  |  | 5:30 pm  Cardio  Kickboxing |  | 5:30pm Cardio Kickboxing |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |

\*\*Must pre-register for all classes to guarantee spot

Bootcamp: limit = 10