**Class Schedule**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | 5:45 am  Bootcamp | 5:45 am  Bootcamp | 5:45 am  Bootcamp  (OPEN CLASS: NO COACH) | 5:45 am  Bootcamp |  | 9:00 am  Bootcamp |
|  | 7:30 am  Bootcamp | 7:30 am  Bootcamp | 7:30 am  Bootcamp  (OPEN CLASS: NO COACH) | 7:30 am  Bootcamp  (OPEN CLASS: NO COACH) | 7:30 am  Bootcamp | 9:00 am  Spin |
|  |  |  |  |  |  | 10:00 am  Boxing |
|  | 5:30 pm Bootcamp | 5:30 pm  Bootcamp | 5:30 pm  Bootcamp | 5:30 pm  Bootcamp |  |  |
|  |  | 5:30 pm  Cardio  Kickboxing |  | 5:30pm Cardio Kickboxing |  |  |
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