**Class Schedule**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 9:00am  Cardio Kickboxing | 5:45am  Bootcamp | 5:45am  Bootcamp | 5:45am  Bootcamp | 5:45am  Bootcamp  (OPEN CLASS: NO COACH) |  | 9:00am  Bootcamp |
| 9:00am  Yoga | 7:30am  Bootcamp | 7:30am  Bootcamp | 7:30am  Bootcamp | 7:30am  Bootcamp  (OPEN CLASS: NO COACH) | 7:30 am  Bootcamp | 9:00am  Spin- in RIPT area |
|  |  |  |  |  |  |  |
|  | 5:30pm Bootcamp | 5:30pm  Bootcamp | 5:30pm  Bootcamp | 5:30pm  Bootcamp |  |  |
|  | 6:00pm  Spin- in RIPT area | 5:30pm  TRX |  | 5:30pm  Cardio Kickboxing |  |  |
|  |  | 6:00pm  Cardio Kickboxing |  | 6:15pm  Spin- in RIPT area |  |  |
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