



CLASS SCHEDULE



CLASS TIMES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM - 7AM			TRX		TRX EXTREME		
7AM - 8AM		TRX		TRX		TRX	
8AM - 9AM		BOOT CAMP	TRX	BOOT CAMP	TRX	BOOT CAMP	TRX
9AM - 10AM							
10AM - 11AM							BOOT CAMP
11AM - 12PM							
12PM - 1PM							
1PM - 2PM							
2:30PM - 4PM		ELITE SPORTS TRAINING	ELITE SPORTS TRAINING	ELITE SPORTS TRAINING	ELITE SPORTS TRAINING		
4PM - 4:30PM							
4:30PM - 5:30PM		JUNIOR ELITE SPORTS TRAINING	JUNIOR ELITE SPORTS TRAINING	JUNIOR ELITE SPORTS TRAINING	JUNIOR ELITE SPORTS TRAINING		
5:50PM - 5-45PM							
5:45PM - 6:30PM		TRX	TRX	TRX	TRX		
6:30PM - 7:30PM		BOOT CAMP		BOOT CAMP			
7PM - 8PM			ZUMBA		ZUMBA		

*** SCHEDULE SUBJECT TO CHANGE ***

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