

## CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM CLASSES		6am Metabolic Bootcamp		6am Metabolic Bootcamp		8am Metabolic Bootcamp
		9:30am Kettlebell & Conditioning Class*		9:30am Kettlebell & Conditioning Class*		9am ASAP Bootcamp
PM CLASSES	6pm ASAP Bootcamp	6pm ASAP Bootcamp	6pm ASAP Bootcamp	6pm ASAP Bootcamp		
		7pm Strength & Conditioning Class		7pm Strength & Conditioning Class		

\*Pre-Registration is Required for the Kettlebell and Conditioning Class