

Class Schedule

	MONDAY		TUESDAY			WEDNESDAY		THURSDAY			FRIDAY		SAT	SUN
6-7am	CrossFit	Boot Camp	CrossFit	Golf Fitness	Yoga Sculpt	CrossFit	Boot Camp	CrossFit	Golf Fitness	Kettlebell Cardio	CrossFit	Boot Camp		
7-8am	Strength Training		Strength Training			Mobility		Strength Training			Strength Training			
8-9am													CrossFit	
9-10am	Boxing Strength	Vin-Yin Flow	Total Body Strength			Boxing Strength	Kinstretch Mobility	Total Body Strength			Boxing Strength		TRX	CrossFit
10-11am	Total Body Circuit		Tread and Shred			Total Body Circuit		Boxing Cardio			Total Body Circuit			Boxing Strength
11-12pm	CrossFit	Barre Intensity	TRX			CrossFit	Barre Intensity	TRX			CrossFit			
12-1pm	Athletic Interval Training		CrossFit	Athletic Interval Training	Yoga Sculpt	Build a Booty		CrossFit	Athletic Interval Training		Athletic Interval Training			
4:30-5:30pm	CrossFit					CrossFit					CrossFit			
5:30-6:30pm	Boxing Strength		CrossFit			Boxing Strength		CrossFit						
6:30-7:30pm			6:45 - 7:30 Athletic Interval Training					Athletic Interval Training						