

FITNESS CLASS SCHEDULE



You must reserve your spot due to limited numbers

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:00 A.M.	HIIT Express Ann		HIIT Express Ann		HIIT Express Ann	
8:00 A.M.		EMPower John		EMPower John		Weekend Warrior - Ann
9:00 A.M.					Yoga Alex	Stretch It Out - Ann
10:00 A.M.					EMPower Kickboxing - Alex	EMPower Elite John
12:00 P.M.	Lunch Crunch Jennifer	Full-Body Circuit - John	Spin Express - Michelle	Full-Body Circuit - John		
12:30 P.M.		Yoga Danielle				
4:30 P.M.	EMPower John			EMPower Alex		
5:00 P.M.			EMPower John	30 min. Barre Express - Iryna		
5:15 P.M.						
5:30 P.M.	Kundalini Yoga - Natalya Spin 'N' Abs - Ann	Spin 'N' HIIT - Ann Barre - Iryna	Barre Jennifer	T.R.X. Ann	Spin 'N' Pump - Misty Cardio Hip Hop - Jennifer	
6:00 P.M.	EMPower Kyron					
6:15 P.M.		EMPower Alex	Dance Fit Pro - Iryna EMPower - John	Butts 'N' Guts - Angele		
6:30 P.M.	Killer Cardio Angele	BodyShox Kyron				

KEY: 30 MIN. NEW BOXING