

# Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		<b>FULL BODY BLAST</b> MARY FRANCES	<b>CIRCUIT</b> MARY FRANCES	<b>TRIPLE 10'S</b> MARY FRANCES			
9:30AM		<b>TRIPLE 10'S</b> TASHA	9:30am <b>SILVER CIRCUIT</b> STEPHANIE	<b>**9AM**</b> <b>SILVER FOX</b> DEREK	<b>**9AM**</b> <b>SILVER FOX</b> DEREK		
10:00AM	<b>SILVER FOX</b> TASHA						10:30 am <b>GROUP STRENGTH</b> JESSLYN
10:45 AM	<b>YOGA STRETCH</b> LAUIE-DON (30MIN)						
5:30PM	<b>GLUTE CAMP</b> MELISSA	<b>BARBELL BLAST</b> KATIE	<b>RANDOM ANTICS</b> DEREK	<b>YOGA</b> <b>**5:15PM**</b> LAURIE-DON	<b>Take a Ride!!</b> JESSLYN		
		<b>KANGOO BOUNCE</b> Katie 6:30 PM		<b>SOUL CYCLE</b> 7PM ABBY			