



	Monday	Tuesday	Wednesday	Tshirt Thursday	Freestyle Friday	Saturday	Sunday
8:30-9:30am	Bootcamp Brazilian butt day		Cardio Kickboxing		Bootcamp		Closed
9:30-10:30am	Bootcamp Brazilian butt day	Bootcamp Upper Body	Bootcamp Upper Body	Bootcamp Legs	Bootcamp		
10:00-11:00am						Bootcamp Full Body	
10:30-5:00pm	Private	Lessons	available	these	hours		
5:30-6:30pm	Bootcamp Brazilian butt day	Bootcamp Upper Body	Bootcamp Legs	Bootcamp Upper Body			
6:30-7:30pm	Bootcamp Brazilian butt day	Bootcamp Upper Body	Cardio Kickboxing	Bootcamp Legs			

*Please note that this schedule is subject to change. Change (if necessary) will be announced in class or posted on our Facebook Page.