



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|------------------------------|----------------------------|------------------------------|------------------------------|---------------------------|----------------------------|---------------|
| | 8:30am LEGS/GLUTES | | 8:30AM UPPERBODY | | 8:30am FULLBODY | 10:00am FULLBODY | CLOSED |
| | 9:30am LEGS/GLUTES | 9:30am UPPERBODY | 9:30am UPPERBODY | 9:30am LEGS/GLUTES | 9:30am FULLBODY | 11:00am FULLBODY | |
| | | | | | | | |
| | 5:00pm LEGS/GLUTES | 5:30pm UPPERBODY | 5:00pm LEGS/GLUTES | 5:30pm UPPERBODY | 5:30pm FULLBODY | | |
| | 6:00pm LEGS/GLUTES | 6:30pm UPPERBODY | 6:00pm FULLBODY | 6:30pm LEGS/GLUTES | | | |
| | 7:00pm LEGS/GLUTES | | 7:00pm FULLBODY | | | | |

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