

FITNESS/DROP-IN SCHEDULE 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:45 AM	*TRX Boot Camp*	*Cycle*	*Muscle Up*	*Sunrise Salutations*	*Interval Blast*	
9:00 AM						*Zumba*
12:05 PM	*Muscle Up*	*H.I.I.T*	*Zumba*	*TRX/BOSU*	*Cycle/Core*	
					Yoga	