

GYM CLASS SCHEDULE



MONDAY

HIIT

06:00 – 06:45pm



TUESDAY

LEG, BUMS & TUMS

06:00 – 06:45pm



WEDNESDAY

STRENGTH

06:00 - 06:45pm

YOGALATES

06:15 – 07:15pm



THURSDAY

BOOTY BLAST

06:00 – 06:45pm

CORE BLAST

07:00 – 07:30pm



SATURDAY

ONE MORE REP

10:30 – 11:15am