

# CLASS SCHEDULE 2020

All classes are 1 hour long

| LEG UP<br>MONDAY | UPPER BODY<br>TUESDAY | CARDIO CORE<br>WEDNESDAY | FULL BODY<br>THURSDAY | FRIDAY<br>FUNDAY | ALL OUT<br>SATURDAY | RECOVERY<br>SUNDAY |
|------------------|-----------------------|--------------------------|-----------------------|------------------|---------------------|--------------------|
| 5:00AM           | 5:00AM                | 5:00AM                   | 5:00AM                | 5:00AM           |                     |                    |
| 6:00AM           | 6:00AM                | 6:00AM                   | 6:00AM                | 6:00AM           |                     |                    |
|                  |                       |                          |                       |                  |                     |                    |
| 9:30AM           | 9:30AM                | 9:30AM                   | 9:30AM                | 9:30AM           | 10:00AM             | 10:00AM            |
| 12:00PM          | 12:00PM               | 12:00PM                  | 12:00PM               | 12:00PM          |                     |                    |
| 5:00PM           | 5:00PM                | 5:00PM                   | 5:00PM                | 5:00PM           |                     |                    |
| 6:00PM           | 6:00PM                | 6:00PM                   | 6:00PM                | 6:00PM           |                     |                    |

