

# CLASS SCHEDULE: SPRING/SUMMER 2018

All classes are 1 hour long, unless otherwise specified.

LEG UP MONDAY	UPPER BODY TUESDAY	CARDIO CORE WEDNESDAY	FULL BODY THURSDAY	FRIDAY FUNDAY	ALL OUT SATURDAY	RECOVERY SUNDAY
6:00AM	6:00AM	6:00AM	6:00AM	6:00AM		
7:00AM	7:00AM	7:00AM	7:00AM	7:00AM		
9:30AM	9:30AM	9:30AM	9:30AM	9:30AM	10:00AM	<b>HIIT</b> 10:00AM
12:00PM	12:00PM	12:00PM	12:00PM	12:00PM		
6:00PM	6:00PM	6:00PM	6:00PM	6:00PM		
7:00PM	7:00PM	7:00PM	7:00PM			

