



Class Schedule

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM		<u>EXTREEM BOOTCAMP (\$)</u> w/ Na'eem		<u>EXTREEM BOOTCAMP (\$)</u> w/ Na'eem		
8:00 AM						<u>EXTREEM BOOTCAMP (\$)</u> w/ Na'eem
9:00 AM						<i>SPINNING</i> w/ Mary <i>KICKBOXING 4 HEALTH</i> w/ Steve
9:30 AM	<i>PILATES CORE CHALLENGE</i> w/ Miriam		<i>CARDIO & STRENGTH</i> w/ Charles		<i>CARDIO & STRENGTH</i> w/ Charles	
10:00 AM						<i>ZUMBA</i> w/ Michelle <u>YOU AGAINST YOU (\$)</u> w/ Jeff
11:00 AM						<u>THE CHALLENGE (\$)</u> w/ Charles
4:30 PM		<i>PI/YO</i> w/ Cheri		<i>TONING 101</i> w/ Charles		
5:30 PM		<i>ZUMBA</i> w/ Terrina		<i>ZUMBA</i> w/ Terrina		
6:00 PM	<i>ZUMBA</i> w/ Michelle	<u>YOU AGAINST YOU (\$)</u> w/ Jeff		<u>YOU AGAINST YOU (\$)</u> w/ Jeff		
6:15 PM	<i>BOXING FOR FITNESS</i> w/ Dante	<i>BOXING FOR FITNESS</i> w/ Rodney <i>KICKBOXING 4 HEALTH</i> w/ Steve	<i>BOXING FOR FITNESS</i> w/ Charles	<i>BOXING FOR FITNESS</i> w/ Na'eem		
6:30 PM			<i>ZUMBA</i> w/ Michelle	<i>INSANITY</i> w/ Cheri		
7:00 PM	<u>EXTREEM BOOTCAMP (\$)</u> w/ Na'eem <i>INSANITY</i> w/ Cheri	<i>SPINNING</i> w/ Mary <u>THE CHALLENGE (\$)</u> w/ Charles	<u>EXTREEM BOOTCAMP (\$)</u> w/ Na'eem	<i>SPINNING</i> w/ Mary <u>THE CHALLENGE (\$)</u> w/ Charles		
8:00 PM	<u>WOMEN'S CONDITIONING (\$)</u> w/ Na'eem		<u>WOMEN'S CONDITIONING (\$)</u> w/ Na'eem			