



CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WAKE UP & WIN						
5:00	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body	
5:30	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body	
6:00	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit
6:30	Ab Circuit	Ab Circuit	Ab Circuit	Ab Circuit	Ab Circuit	Ab Circuit
7:00	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body	Cardio Circuit
7:30	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body	Yoga/Stretch
8:00	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit	H.I.I.T. Circuit	
8:30	Ab Circuit	Ab Circuit	Ab Circuit	Ab Circuit	Ab Circuit	
9:00	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body	
9:30	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body	

	Monday	Tuesday	Wednesday	Thursday	Friday
AFTER WORK WIN					
6:00	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body
6:30	Lower Body	Upper Body	Cardio Circuit	Lower Body	Upper Body
7:00	H.I.I.T. Circuit		Cardio Circuit	Zumba Fitness	H.I.I.T. Circuit
7:30	Abs Buns & Thighs		Abs Buns & Thighs		Ab Buns & Thighs