

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am Weight Training Need Assesment	5:15-6:15am Weight Training Need Assesment	5:15-6:15am Weight Training Need Assesment	5:15-6:15am Weight Training Need Assesment		7-8:00am Weight Training Need Assesment	7:30-8:15am * "G" Battle Balls, Bands & Boards
5:15-6:15am Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS cash app \$ismith2384 Need Boots?	5:15-6:00am * FHIIT & Toning w/Jen	5:15-6:00am ** "G" CYCLE w/Pat	5:15-6:00am * "G" Battle Ropes w/Kerry Ann		8-9:00am Weight Training Need Assesment	
	10-10:45am * Silver & Gold w/Shelley	6-7pm Weight Training Need Assesment	10-10:45am * Silver & Gold w/Shelley	5:30PM Check the Mind Body Schedule for POP UP CLASSES!!!	8-8:45am * "G" Battle Ropes w/Kerry Ann, Pat & Twana <i>SPECIFIC INSTRUCTOR LISTED UPON</i>	
10-10:45am * FHIIT & Toning w/Pat	11-11:45am * <i>BEGINNERS</i> Xtreme Step w/Debbie	5:30-6:15pm * TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:15pm * FHIIT & Toning w/Pat		8:55-9:40am * Xtreme Step w/ArKeva	
5:30-6:30pm Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS cash app \$ismith2384 Need Boots? 682-554-2523	5:30-6:15pm * "G" Battle Ropes w/Kerry Ann	6:20-7:05pm * Hip Hop w/Camille	5:30-6:30pm Weight Training Need Assesment			
	5:30-6:30pm Weight Training Need Assesment		6:30-7:30pm Weight Training Need Assesment			
5:30-6:30pm Weight Training Need Assesment	6:30-7:30pm Weight Training Need Assesment	7:15-8:00pm * Xtreme Step w/ArKeva or Jen <i>SPECIFIC INSTRUCTOR LISTED UPON SIGN UP</i>	6:15-7:20pm ** Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available			
6:40-7:25pm * Xtreme Step w/Jen	6:15-7:20pm ** Heavy Bag Boxing Fitness w/Stephen BRING: Gloves, wraps and a mat. **we have a few gloves available					
7:35-8:20pm * Hip Hop Burn + Booty & Abs w/Jen						