

2019 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	-5:30am Lower Body Burn		-6:00am Upper Body Burn	-5:30am Lower Body Burn	-6:00am Upper Body Burn	
-7:00am Total body strength		-7:00am Total body strength		-7:00am Total body strength		-7:00am Upper Body Burn
	-9:00am Spin room				-9:00am Spin room	-9:00am Spin room
			-5:30pm Upper Body Burn	-6:30pm Lower Body Burn	-5:30pm Upper Body Burn	-4:30pm Lower Body Burn
-7:00pm Total body strength	-6:30pm Lower Body Burn	-7:00pm Total body strength		-7:00pm Total body strength		-7:00pm Spin room

Interested in booking a private one-on-one session? Contacts us!