

# PRO



# WORKOUTS

## Class Schedule

Week 1-4

### Monday:

6:00 AM - BODYATTACK  
8:00 AM - Yoga  
10:00 AM - BODYPUMP  
12:00 PM - Zumba  
4:00 PM - GRIT Strength  
5:30 PM - BODYCOMBAT  
7:00 PM - BODYBALANCE  
8:30 PM - Pilates

### Tuesday:

6:00 AM - Spin  
8:00 AM - CXWORX  
10:00 AM - BODYSTEP  
12:00 PM - BODYATTACK  
4:00 PM - GRIT Cardio  
5:30 PM - BODYPUMP  
7:00 PM - Zumba  
8:30 PM - BODYBALANCE

### Wednesday:

6:00 AM - BODYCOMBAT  
8:00 AM - Pilates  
10:00 AM - BODYPUMP  
12:00 PM - CXWORX  
4:00 PM - GRIT Plyo  
5:30 PM - BODYATTACK  
7:00 PM - BODYSTEP  
8:30 PM - Yoga

### Thursday:

6:00 AM - BODYBALANCE  
8:00 AM - Spin  
10:00 AM - BODYCOMBAT  
12:00 PM - Zumba  
4:00 PM - GRIT Strength  
5:30 PM - BODYPUMP  
7:00 PM - CXWORX  
8:30 PM - BODYATTACK

### Friday:

6:00 AM - BODYSTEP  
8:00 AM - Yoga  
10:00 AM - BODYATTACK  
12:00 PM - BODYPUMP  
4:00 PM - GRIT Cardio  
5:30 PM - Zumba  
7:00 PM - BODYCOMBAT  
8:30 PM - Pilates

### Saturday:

8:00 AM - BODYPUMP  
9:30 AM - BODYATTACK  
11:00 AM - BODYCOMBAT  
12:30 PM - GRIT Plyo  
2:00 PM - Zumba  
3:30 PM - CXWORX  
5:00 PM - BODYBALANCE  
6:30 PM - Spin

### Sunday:

9:00 AM - BODYBALANCE  
10:30 AM - BODYPUMP  
12:00 PM - BODYSTEP  
1:30 PM - GRIT Strength  
3:00 PM - Zumba  
4:30 PM - BODYATTACK  
6:00 PM - Yoga  
7:30 PM - CXWORX