

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	BOOTCAMP WITH TONI	50/50 SPIN TO BOOTCAMP COMBO - 5AM SPIN FOLLOWED BY 530AM BOOTCAMP - YOU DONT HAVE TO ATTEND BOTH CLASSES	BOOTCAMP WITH JOEY	BOOTCAMP WITH LORRAINE	BUILD N BURN WITH TONI		
6:00 AM							
7:00 AM		BUILD N BURN WITH TONI		TRX BOOTCAMP WITH LORRAINE	BOOTCAMP WITH TONI		
7:30 AM	BUILD N BURN WITH TONI		BUILD N BURN WITH TONI				
8:00 AM						BOOTCAMP STRENGTH & CONDITIONING	
8:30 AM					BUILD N BURN WITH TONI		BOOTCAMP CORE AND CONDITIONING WITH TONI
9:15 AM						BUILD N BURN OR BOXING BOOTCAMP	
9:30 AM	BOOTCAMP WITH CAROL	TRX BOOTCAMP LORRAINE	BOOTCAMP OR BUILD N BURN WITH TONI	BOOTCAMP OR BUILD N BURN WITH LORRAINE	BOOTCAMP WITH TONI	11 AM YOUTH BOOTCAMP - CLASS RUNS BIWEEKLY SATURDAYS WITH TONI	BUILD N BURN BIWEEKLY
4:30 PM	BOXING BOOTCAMP WITH CAROL		BUILD N BURN WITH CAROL	BOOTCAMP WITH CAROL			
5:30 PM	RIPPED - 30M AB/CORE CLASS (SMALL GROUP TRAINING, THIS PK IS SOLD SEPERATE, MUST PURCHASE SGT PK TO ATTEND)	50/50 SPIN BOOTCAMP COMBO - 5:30P SPIN FOLLOWED BY 6P BOOTCAMP - YOU DONT HAVE TO ATTEND BOTH CLASSES		RIPPED - 30M AB/CORE CLASS (SMALL GROUP TRAINING, THIS PK IS SOLD SEPERATE, MUST PURCHASE SGT PK TO ATTEND)			
6:00 PM	BOOTCAMP WITH CAROL	BOOTCAMP - 30 MIN CLASS	BUILD N BURN WITH TONI	BOOTCAMP TONI			
6:30 PM							
7:30 PM	YOUTH BOOTCAMP WITH TONI		YOUTH BOOTCAMP WITH TONI				