

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	BOOTCAMP WITH TONI	50/50 SPIN TO STRENGTH COMBO 5AM SPIN FOLLOWED BY 5:30AM BOOTCAMP - YOU DONT HAVE TO ATTEND BOTH CLASSES - WITH TONI	BOOTCAMP WITH JOEY	NO CLASSES - OPEN GYM ACCESS LORRAINE/TONI - ONLY BETWEEN HOURS 5A-6A	BUILD N BURN WITH TONI		
6:00 AM							
7:00 AM	730AM BUILD N BURN WITH TONI	BUILD N BURN WITH TONI	7:30AM - BUILD N BURN WITH TONI	TRX BOOTCAMP WITH LORRAINE	BOOTCAMP WITH TONI		
8:00 AM						BOOTCAMP STRENGTH & CONDITIONING TONI OR EVELYN (ALTERNATE BI-WEEKLY)	
8:30 AM					BUILD N BURN WITH TONI		BOOTCAMP STRENGTH & CONDITIONING TONI (EVERY LAST SUNDAY OF THE MONTH I RUN "TECH" TECHNIQUE SUPPORT CLASS)
9:15 AM		TRX BOOTCAMP LORRAINE		BOOTCAMP WITH LORRAINE		- BOOTCAMP BOXING STRENGTH & CONDITIONING WITH CAROL OR TONIS BULD N BURN CLASS - PLEASE REFER TO APP FOR CLASS DATES)	
9:30 AM	BOOTCAMP WITH JOEY		BOOTCAMP OR BUILD N BURN BI WEEKLY ALT. WITH TONI		BOOTCAMP WITH TONI		9:45 BUILD AN BURN / SPIN BI WEEKLY ALT.
4:30 PM	BOOTCAMP WITH CAROL		415-515 BUILD N BURN WITH CAROL	BOOTCAMP WITH CAROL			
5:30 PM		50/50 SPIN TO STRENGTH COMBO 5:30P SPIN FOLLOWED BY 6P BOOTCAMP - YOU DONT HAVE TO ATTEND BOTH CLASSES	BUILD N BURN WITH TONI		50/50 SPIN TO STRENGTH COMBO 5:30P SPIN FOLLOWED BY 6P BOOTCAMP - YOU DONT HAVE TO ATTEND BOTH CLASSES		
6:00 PM				BOOTCAMP TONI			
6:30 PM	ALTERNATE EVERY LAST MONDAY - BOXING BOOT AND REGULAR BOOTCAMP WITH CAROL		BUILD N BURN WITH TONI				