



Monday

Indoor Cycling	6:45-7:30
HIIT (Weights)	12:30-13:00
Body Conditioning	18:00-18:30

Thursday

Body Conditioning	07:00-07:30
Indoor Cycling	12:30-13:00
Circuits	18:00-18:45

Tuesday

HIIT (Bodyweight)	07:00-07:30
LBT	12:30-13:00
Strength Training	17:45-18:30

Friday

Gym Workout	07:00-07:30
Citcuits	12:30-13:00

Saturday

Boxercise	10:00-11:00
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Wednesday

Kettlebell + Core	07:00-07:30
Boxercise	12:30-13:00
Bootcamp	18:00-18:30

Sunday

Yoga	09:00-10:00
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