

CLASS SCHEDULE

Our Unique Programs
Guarantee your Success!



STAFF HOURS	UNSTAFFED	12:00 PM - 8:00 PM					10:00 AM - 4:00 PM
	AFTERNOON & EVENING CLASSES						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING							Strength & Flow (Yoga) BEATA 9am-10am
EVENING			Core (Yoga) BEATA 6:30-7:30PM	Box Fit MICHAEL 5:30-6:30PM	Bootcamp (HIIT) MICHAEL 5:30-6:30PM		
				Cardio Kickboxin MICHAEL 6:30-7:30PM	Muay Thai MICHAEL 6:30-7:30PM		
				Bootcamp (HIIT) MICHAEL 7:30-8:30PM	Box Fit MICHAEL 7:30-8:30PM		