



Our Unique Programs
Guarantee your Success!

STAFFED HOURS	UNSTAFFED	12:00 PM - 8:00 PM					10:00 AM - 4:00 PM
	MORNING CLASSES						
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	BOOTCAMP Ashley 9:30 -10:15	VINYASA YOGA David 6:30 - 7:30	BOX FIT Michelle 6:30 -7:15	VINYASA YOGA David 6:30 - 7:30	Box Hit Michelle 7:00 -8:00am	VINYASA YOGA David 6:30 - 7:30	SPIN Ashley 9:00 -9:45
	PILATES Ashley 10:20-11:05		KICKBOX CONDITIONING Michelle 7:15 -8:00				ASHTANGA YOGA David 10:00 - 11:30
	AFTERNOON & EVENING CLASSES						
				VIVE SPIN Gabrielle 5:00 -6:00	Box Fit YOUTH PROGRAM Ages 5-16 JB 4:30-5:15		EXPRESS BOOTCAMP Ashley 12:00 -12:45
			HIIT BOXING Michelle 6:00 -6:45	KETTLEBELL CIRCUIT Simon 6:00 -6:45	BOX & BURN BOX FIT JB 5:15 -6:15	BOOTCAMP Simon 5:30 - 6:15	PILATES Ashley 1:00 - 1:45
		ZUMBA Danielle 7:00 - 8:00	KICKBOX CONDITIONING Michelle 6:45 -7:30	Vinyasa Yoga David 7:00 -8:00	BOX & BURN BOX FIT JB 6:15-7:15	BOOTCAMP Simon 6:15 - 7:00	
		ASHTANGA YOGA David 8:00 - 9:15	EXPRESS BOOTCAMP Simon 7:30-8:15		ZUMBA Danielle 7:15 - 8:15	VINYASA YOGA David 7:00 - 8:00	
	EVENING & AFTERNOON						