

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 8:00 AM	Primetime Step (Wally)	BOOTCAMP "Basic Training" (Chris) 5:30-6:30 AM†		BOOTCAMP "Basic Training" (Chris) 5:30-6:30 AM†	Primetime Step (Wally)	
9:00 AM					Power Yoga (Rachael)	ZUMBA (Tracey) 8:30 AM
9:15 AM	Xtreme Cycling (Rachael)		Xtreme Cycling (Rachael)			
10:00 AM		BOOTCAMP "Weights/Cardio" (Chris)	Pilates/Yoga (Rachael) 10:15 AM		BOOTCAMP "Circuits/Boxing" (Chris)	BOOTCAMP "High Intensity Circuit Training" (Chris) 9:30 AM
11:00 AM						Taekwondo 10:30 PM
5:15 PM	Pilates/Yoga (Rachael)	BOOTCAMP "Functional Strength" (Chris) 5:30 PM	Taekwondo 5:00 PM	Toning 5:15 PM Spinning 5:45 PM (Rachael)		
6:15 PM	BOOTCAMP "Intense Weight Training" (Chris)	Taekwondo 6:30 – 8:30 PM	BOOTCAMP "Plyometrics/ Total Body" (Chris) 6:00 PM	BOOTCAMP "Stability/Core" (Chris) 6:00 PM	BOOTCAMP "Circuits/Boxing" (Chris) 6:00 PM	
7:30 PM	Tai Chi*					

*See instructor for pricing and more information
 †By appointment only

