



THE BODY LAB at BURN & BLAST
 175 Monmouth Rd, Unit 15, West Long Branch, NJ
www.BurnAndBlastTraining.com

FALL 2018 CLASS SCHEDULE

<u>DAY & TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>5 am</u>		LOWER BODY BLAST WITH: RONNIE		UPPER BODY BLAST WITH: RONNIE		
<u>6 am</u>	LOWER BODY BLAST WITH: RONNIE	HIIT TRAINING BURN WITH: DYLAN	TOTAL BODY BLAST WITH: ANNA	TOTAL BODY BLAST WITH: DYLAN	TOTAL BODY BLAST WITH: DYLAN	
<u>9 am</u>						SUPERHERO SUICIDE SATURDAY BOOTCAMP WITH: ANNA & RONNIE
<u>5 pm</u>	HIIT TRAINING BURN WITH: DYLAN	LOWER BODY BLAST WITH: RONNIE	UPPER BODY BLAST WITH: RONNIE	HIIT TRAINING BURN WITH: DYLAN	TOTAL BODY BLAST WITH: RONNIE	
<u>6 pm</u>	TOTAL BODY BLAST WITH: RONNIE	UPPER BODY BLAST WITH: RONNIE	LOWER BODY BLAST WITH: RONNIE	TOTAL BODY BLAST WITH: RONNIE		