



THE BODY LAB at BURN & BLAST

175 Monmouth Rd, Unit 15, West Long Branch, NJ
www.BurnAndBlastTraining.com

FALL 2019 CLASS SCHEDULE

*All classes are 50 minutes

* 5:15 am classes begin on Sept 10 and run 45 minutes

* No classes on Sept 2 (Labor Day)

<u>DAY & TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>5:15 am*</u>		UPPER BODY BLAST WITH: RONNIE		LOWER BODY BLAST WITH: RONNIE		
<u>6 am</u>	LOWER BODY BLAST WITH: RONNIE	UPPER BODY BLAST WITH: RONNIE	LOWER BODY BLAST WITH: ANNA	UPPER BODY BLAST WITH: ANNA	TOTAL BODY BLAST WITH: RONNIE	
<u>9 am</u>						SUPERHERO SUICIDE SATURDAY BOOTCAMP WITH: ANNA & RONNIE
<u>5 pm</u>	LOWER BODY BLAST WITH: RONNIE		UPPER BODY BLAST WITH: RONNIE	HIIT TRAINING BURN WITH: ANNA	TOTAL BODY BLAST WITH: RONNIE	
<u>6 pm</u>	LOWER BODY BLAST WITH: RONNIE		UPPER BODY BLAST WITH: RONNIE			