



**Aug-17**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5.45am</u> Indoor/Outdoor Bootcamp Doug	<u>5.45am</u> Flab Blasters Spin/Core MB	<u>5.45am</u> Indoor/Outdoor Bootcamp Julie	<u>5.45am</u> TRX- MFS Circuit MB	<u>5.45am</u> Spinning Pat	<u>8.15 am</u> Spinning 50 min Mary Beth	
<u>9am</u> TBS MB		<u>9am</u> Yoga Flow Dion			<u>9:15 AM</u> Indoor/Outdoor Bootcamp Doug	<u>9.30 am</u> Indoor/Outdoor Bootcamp Amy N 60 min
<u>11.45AM</u> Pilates Circuit MB	<u>11:45 AM</u> TRX-Circuit Amy	<u>11:45</u> Core Ball Amy	<u>11:45 AM</u> Spin/Core Amy	<u>11:45 AM</u> TRX Amy	<u>9:15AM</u> Beginners Yoga	
<u>6.00 pm</u> StressBuster Bootcamp Doug			<u>5.30 pm</u> Kids Ninja Warrior MB/Allie	<u>12:45:pm</u> Kids Ninjas warrior MB	<u>10.15 AM</u> Kids Ninja Warrior Mb /Allie/Jake This class will only be held when the 9.15 class is full	<u>10am-12</u> Three Ring Circus Sparring- Boxing
<u>6.15 pm</u> Float like Butterfly Boxing - FF D Hance	<u>6.15pm</u> Kids Ninja Warrior MB/Allie  <u>6.15 pm</u> Spin/Core Amy N 60 min	<u>6.00pm</u> StressBuster Bootcamp Amy  <u>6.15pm</u> Kids Ninja Warrior MB/Allie	<u>6.15 PM</u> Sting like a Bee Boxing - D Hance		<u>10am-12</u> Three Ring Circus Sparring- Boxing	

Reservations are recommended for all classes

TRX reservations must be made online - no walkins

FF - denotes Family Friendly -Bring the KIDS!

|