

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HEAT 6:30-7:30am Christi				
BASIC TRAINING 12:30-1:00pm Ryan	ABSOLUTION 12:30-1:00pm George	BASIC TRAINING 12:30-1:00pm Ryan	ABSOLUTION 12:30-1:00pm George		
	TURBO KICKBOXING & CORE 6:30-8:00pm Ray		TURBO KICKBOXING 6:00-7:30pm Ray		MASTER CLASS 10am-12pm Ray
ABSOLUTION 6:00-6:30pm					
TURBO SPIN-BODY BLAST 6:30-7:30pm Christi		HIGH OCTANE CYCLE 6:30-7:30pm Christi			