

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Classes						<b>Hangover Helper</b> 10:00-11:00 <b>Ryne</b>	
PM Classes		<u>Bun's &amp; Gun's</u>  <b>5:30-6:30</b> Stephen		<b>SURGE</b>  <b>5:30-6:30</b> Joey			
	<u>IRon Body Bootcamp</u>  <b>7:00-8:00</b> Ron		<u>IRon Body Bootcamp</u>  <b>7:00-8:00</b> Ron				

NEW CLASSES :

**Bun's & Gun's** - A high energy bootcamp that focuses on strength & conditioning combined with high intensity intervals designed to push you to your limits

**Surge** - An explosive fat burning class utilizing powerful and charged up full body compound movements designed to ramp up your metabolism, build lean muscle and burn those calories.