

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Classes						<u>Hangover Helper</u>  10:00-11:00  Ryne	<u>Athletic Stretching &amp; Foam Rolling</u> 11:00-12:00 Stephen
PM Classes		<u>Bun's &amp; Gun's</u>  5:30-6:30  Stephen		<u><b>SURGE</b></u>  5:30-6:30  Nando			
	<u>IRon Body Bootcamp</u>  7:00-8:00  Ron		<u>IRon Body Bootcamp</u>  7:00-8:00  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.