

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Classes						<u>Hangover Helper</u> 10:00-11:00 Ryne	
						<u>Athletic Stretching & Foam Rolling</u> 9:00-9:45 Stephen	
PM Classes		<u>Bun's & Gun's</u> 5:30-6:30 Stephen		<u>SURGE</u> 5:30-6:30 Joey			
	<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.