

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

NEW CLASSES :

R.I.D FIT - An isometric, high intensity fat burning jam.

Bun's & Gun's - A full body boot-camp that focuses on strength & conditioning by utilizing total body exercises.