

# Group Class Schedule

Updated March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 AM Core Strength	6:00 AM Fit Camp	6:00 AM Fit Camp	6:00 AM Fit Camp	6:00 AM Fit Camp	6:00 AM Fit Camp	9:30 AM Fit Camp
		7:15 AM Fit Camp		7:15 AM Fit Camp		
	9:00 AM Fit Camp	9:30 AM Fit Camp	9:00 AM Fit Camp	9:30 AM Fit Camp	9:00 AM Fit Camp	
	10:15 AM Fit Camp		10:15 AM Fit Camp		10:15 AM Fit Camp	
	12:10 PM Noon Hr Fit Camp	12:10 PM Noon Hr Fit Camp	12:10 PM Noon Hr Fit Camp	12:10 PM Noon Hr Fit Camp	12:10 PM Noon Hr Fit Camp	
	4:00 PM Knockout @ BN Kickboxing*	4:00 PM Women's Strength Fundamentals*	4:00 PM Knockout @ BN Kickboxing*	4:00 PM Women's Strength Fundamentals*		
	5:00 PM Fit Camp	5:15 PM Fit Camp	5:00 PM Fit Camp	5:15 PM Fit Camp	5:00 PM Fit Camp	
	6:15 PM Total Strength	6:30 PM Total Strength	6:15 PM Total Strength	6:30 PM Total Strength		
			7:15 PM Yin Yoga			

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