

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7 AM</b>	WORKOUT OF THE DAY <u>CHRIS</u>	SUMMER BODY <u>MADDY</u>	WORKOUT OF THE DAY <u>JEFF</u>	CORE & CARDIO <u>ANGEL</u>	WORKOUT OF THE DAY <u>CHRIS</u>		
<b>9 AM</b>	WORKOUT OF THE DAY <u>PASCALE</u>	BUTTS & GUTS <u>DOM</u>	WORKOUT OF THE DAY <u>JEFF</u>		WORKOUT OF THE DAY <u>CHRIS</u>	METABOLIC CIRCUIT Advanced Only <u>JON</u>	S & C CIRCUIT Advanced Only <u>JON</u>
<b>11 AM</b>						METABOLIC CIRCUIT <u>DOM</u>	S & C CIRCUIT <u>DOM</u>
<b>12 PM</b>	ABS & A\$\$ <u>ANGEL</u>	CONDITIONING CIRCUIT <u>JEFF</u>	METABOLIC CIRCUIT Advanced Only <u>JON</u>	STRENGTH & CONDITIONING <u>JON</u>	BOOTY CLASS <u>JON</u>		
<b>12:30 PM</b>							SUNDAY FUN <u>PASCALE</u>
<b>5 PM</b>	HOLLYWOOD SQUARES <u>JON</u>		METABOLIC CIRCUIT Advanced Only <u>JON</u>		5 À 6 WITH DOM <u>DOM</u>		
<b>5:30 PM</b>		BODY BY J. LAM <u>JEFF</u>		LOWER BODY BLAST <u>PASCALE</u>			
<b>6:30 PM</b>			METABOLIC CIRCUIT <u>DOM</u>	S & C CIRCUIT <u>MADDY</u>			
<b>7 PM</b>	REGGAETON S & C CIRCUIT <u>ANGEL</u>	STRENGTH & CONDITIONING <u>JEFF</u>					