

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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AM

MAD MONDAY (WOD) 7 AM MADDY	HARD CORE GLUTES (WOD) 7 AM MIKAELA	RISE & GRIND (WOD) 7 AM YAN	CORE & COND. (WOD) 7 AM MATT	BUTTS & GUTTS (WOD) 7 AM TANIA	METABOLIC CIRCUIT ADVANCED ONLY 8 AM JON	S&C CIRCUIT ADVANCED ONLY 8 AM MATT
		S&C (WOD) 8:30 AM EMILIE			METABOLIC CIRCUIT 9:30 AM DOM	S&C CIRCUIT 9:30 AM MATT
					METABOLIC CIRCUIT 11 AM ANA	S&C CIRCUIT 11 AM EMILIE

PM

ABS & A\$\$ 12PM ANGEL	S&C CIRCUIT 12PM JEFF	METABOLIC CIRCUIT ADVANCED ONLY 5:15PM JON	S&C CIRCUIT 12PM JON	BOOTY CLASS 12PM JON		
HOLLYWOOD SQUARES 5:15PM JON	S&C CIRCUIT 5:15 PM JEFF	METABOLIC CIRCUIT ADVANCED ONLY 5:15PM JON	S&C CIRCUIT 5:15 PM MADDY	GUNS & GAINS 5PM DOM		
S&C CIRCUIT 7PM MIKAELA	S&C CIRCUIT 6:30 PM JEFF	METABOLIC CIRCUIT 6:45PM MATT	S&C CIRCUIT 6:30 PM MADDY			