

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