

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 AM	BARRE STACY						
7 AM	WORKOUT OF THE DAY MADDY	SUMMER BODY MADDY	WORKOUT OF THE DAY JEFF	WORKOUT OF THE DAY JEFF	WORKOUT OF THE DAY DOM		
9 AM	WORKOUT OF THE DAY PASCALE	BUTTS & GUTS DOM	WORKOUT OF THE DAY JEFF		WORKOUT OF THE DAY TBD	METABOLIC CIRCUIT ADVANCED ONLY JON	STRENGTH & CONDITIONING ADVANCED ONLY JON
11 AM			BARRE STACY		BARRE STACY	METABOLIC CIRCUIT DOM	STRENGTH & CONDITIONING DOM
12 PM	ABS & A\$\$ ANGEL	CONDITIONNING CIRCUIT JEFF	METABOLIC CIRCUIT ADVANCED ONLY JON	STRENGTH & CONDITIONNING JON	BOOTY CLASS JON		
	BARRE STACY						
5 PM	HOLLYWOOD SQUARES JON		METABOLIC CIRCUIT ADVANCED ONLY JON		5 À 6 WITH DOM DOM		
5:30 PM		BODY BY J. LAM JEFF		LOWER BODY BLAST PASCALE			
6:30 PM			METABOLIC CIRCUIT DOM	STRENGTH & CONDITIONING MADDY			
7 PM	REGGAETONS & C CIRCUIT ANGEL	STRENGTH & CONDITIONNING JEFF					