

	<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		WORKOUT OF THE DAY JEFF	CORE & CARDIO ÁNGEL	WORKOUT OF THE DAY CHRIS		
9AM	WORKOUT OF THE DAY PASCALE	MOVE WELL WITH MEL (LOWER BODY) MEL	WORKOUT OF THE DAY JEFF		WORKOUT OF THE DAY CHRIS	METABOLIC CIRCUIT Advanced Only JON	S & C CIRCUIT Advanced Only JON
11AM						METABOLIC CIRCUIT MELVIN	S & C CIRCUIT MELVIN
12PM	LOWER BODY BLAST SUNNY	CONDITIONING CIRCUIT JON	METABOLIC CIRCUIT Advanced Only JON	STRENGTH & CONDITIONING JON	BOOTY CLASS JON		
5PM	SCULPT & BURN CIRCUIT CHRIS	PUMP N' PUSH @ 5:30 JEFF	METABOLIC CIRCUIT Advanced Only JON	LOWER BODY BLAST PASCALE	FRIDAY NIGHT PUMP MELVIN		
6:30PM			METABOLIC CIRCUIT ÁNGEL	S & C CIRCUIT MELVIN			
7PM	REGGAETON S & C CIRCUIT ÁNGEL	S & C CIRCUIT JEFF					