

	<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 ANGEL	WORKOUT OF THE DAY CHRIS		
9AM	WORKOUT OF THE DAY ANGEL	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	MONDAY MEDLEY SUNNY	CONDITIONING CIRCUIT JON	METABOLIC CIRCUIT Advanced Only JON	STRENGTH & CONDITIONING JON	BOOTY CLASS JON		
5PM	SCULPT & BURN CIRCUIT CHRIS		METABOLIC CIRCUIT Advanced Only JON		FRIDAY NIGHT PUMP MELVIN		
5:30PM		PUMP N' PUSH JEFF		LOWER BODY BLAST SUNNY			
7PM	REGGAETON S & C CIRCUIT ANGEL	S & C CIRCUIT JEFF	METABOLIC CIRCUIT @ 6:30 ANGEL	S & C CIRCUIT MELVIN			