

## MONDAY

- 5:30-6:15am** Bootcamp - Jen
- 8:15-9am** Yoga Flow - Sherri
- 9:15-10am** Strength/Cardio - Kathleen
- 5-5:45pm** Stronger - Jen

## TUESDAY

- 6:30-7am** Core Blast -Melissa
- 8:15-9:15am** TRX- Katie
- 5:00-5:45pm** Strength/Cardio -Kathleen
- 6-6:45pm** Yoga Flow - Victoria

## WEDNESDAY

- 5:30-6:15am** Bootcamp -Jen
- 8:15-9am** Yoga Flow -Sherri
- 9:15-10am** Strength/cardio -Kathleen
- 5:30-6:15pm** Yin Flow - Victoria

## THURSDAY

- 6:30-7am** Shred30 -Melissa
- 9:15-10am** PUMP - Kathleen

## FRIDAY

- 6:30-7:15am** Bootcamp -Jen
- 9:15-10am** Step & Strength -Jen

## SATURDAY

- 8:15-9am** Sunrise Yoga -Amy
- 9:15-10am** Yoga/Core Fusion - Melissa