












<b>Sun</b>			10:00 am  ZUMBA (Ashley)	2:00 pm  ZUMBA (Allie) \$5.00 Fee			
<b>Mon</b>	5:00 am <b>TABATA EXPRESS™</b> (Karen)  Open WOD*	6:00 am  (Karen)	9:00 am <b>TABATA EXPRESS™</b> (Karen)	4:30 pm Interval Mix (Mary Lou)	5:30 pm Step and Pump (Char)	6:30 pm‡  (Karen)	7:30 pm  ZUMBA (Allie) \$5.00 Fee
<b>Tues</b>	5:00 am‡  (Karen)	9:00 AM Power Pump (Karen)			5:30 pm Cardio Kick-boxing (Karen)	6:30 pm Triple Threat (Julie)	7:30 pm 
<b>Wed</b>	5:00 am Cardio Kick-boxing Circuit (Karen) Open WOD*	6:00 am  (Karen)	9:00 am WOD* (Karen)	4:30 pm Interval Mix (Char)	5:30 pm HIIT (Karen)	6:30 pm‡  (Karen)	7:30 pm  ZUMBA (Allie) \$5.00 Fee
<b>Thur</b>	5:00 am‡  (Karen)				5:30 pm Cut 360° (Karen)	6:30 pm  ZUMBA (Ashley)	
<b>Fri</b>	5:00-6:30am Open WOD*	9:00 am Power Pump (Karen)					
<b>Sat</b>	8:30 am HIIT (Karen)	9:15 am  ZUMBA (Ashley)					

†TRX classes are pre-registered, paid 6-week sessions limited to 9 people  
‡Bootcamps are 8 or 6-week pre-registration or a \$10 drop in fee per class.

\*WOD (Work Out of the Day) instructor's choice  
\*\*Meet at Firestone Metro Park for a fast pace Walk in the Park