















Sun			10:00 am  ZUMBA (Ashley)	2:00 pm  ZUMBA (Allie) \$5.00 Fee			
Mon	5:00 am TABATA EXPRESS™ (Karen) Open WOD*	6:00 am‡  PLX TREME BOOTCAMPS (Karen)	9:00 am TABATA EXPRESS™ (Karen)	4:30 pm Interval Mix (Mary Lou)	5:30 pm Step and Pump (Char)	6:30 pm‡  PLX TREME BOOTCAMPS (Karen)	7:30 pm  ZUMBA (Allie) \$5.00 Fee
Tues	5:00 am‡  PLX TREME BOOTCAMPS (Karen)	9:00 AM Power Pump (Karen)		4:30 pm‡  PLX TREME BOOTCAMPS (Karen)	5:30 pm Cardio Kick-boxing (Karen)	6:30 pm Triple Threat (Julie)	
Wed	5:00 am Cardio Kick-boxing Circuit (Karen) Open WOD*	6:00 am‡  PLX TREME BOOTCAMPS (Karen)	9:00 am WOD* (Karen)	4:30 pm Interval Mix (Char)	5:30 pm HIIT (Karen)	6:30 pm‡  PLX TREME BOOTCAMPS (Karen)	7:30 pm  ZUMBA (Allie) \$5.00 Fee
Thur	5:00 am‡  PLX TREME BOOTCAMPS (Karen)			4:30 pm‡  PLX TREME BOOTCAMPS (Karen)	5:30 pm Cut 360° (Karen)	6:30 pm  ZUMBA (Ashley)	
Fri	5:00-6:30am Open WOD*	9:00 am Power Pump (Karen)					
Sat	8:30 am HIIT (Karen)	9:15 am  ZUMBA (Ashley)	11:00 am Kid's Fit Camp (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