




Sun			10:00 am  (Ashley)						2:00 pm  (Allie) \$5.00 Fee				
Mon	5:00 am TABATA EXPRESS™ (Karen) Open WOD*	6:00 am †  (Karen)	9:00 am TABATA EXPRESS™ (Karen)	4:30 pm Interval Mix (Mary Lou)	5:30 pm Step and Pump (Char)	5:30 pm Ruckin' Fit (Karen) @Firestone Metro Park ** Free **	6:30 pm †  @Firestone Metro Park (Karen)	7:30 pm  (Allie) \$5.00 Fee					
Tues	5:00 am †  (Karen)			4:30 pm †  (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 †  (Karen)	9:00 am Strength and Conditioning (Karen)	4:30 pm Interval Mix (Char)	5:30 pm HIIT (Krista)	6:00 pm Buti Yoga (Meg) @ Studio Above	6:30 pm †  (Julie)	7:30 pm  (Allie) \$5.00 Fee					
Thur	5:00 am †  (Karen)			4:30 pm †  (Karen)	5:30 pm Cut 360° (Karen)		6:30 pm  (Ashley)						
Fri	5:00-6:30am Open WOD*		9:00 am Strength and Conditioning (Karen)										
Sat	8:30 am HIIT (Karen)	9:15 am  (Ashley)	11:00 am Kid's Fit Camp (Ashley)										

*WOD (Work Out of the Day) instructor's choice

†Bootcamps are 8 or 6-week pre-registration or a \$10 drop in fee per class.