CLASS SCHEDULE

MONDAY	**BOOTCAMP**	08:00
TUESDAY	**STRENGTH TRAINING** (INTERMEDIATE)	08:00
WEDNESDAY	**POWER CIRCUITS**	08:00
THURSDAY	**STRENGTH TRAINING** (LIFESTYLE)	08:00
FRIDAY	**POWER CIRCUITS**	08:00
SATURDAY	**BOOTCAMP**	08:30

SUMMER 2025