

June2016

Xtreme Fitness Class Schedule

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:00 AM	POWER 30	BURN 30	POWER 30	BURN 30	POWER 30		
6:00:- 6:30 AM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP		
6:30 - 7:00 AM							
7:00 - 7:30 AM						SPIN	
7:30 - 8:00 AM							
8:00 - 8:30 AM						BOOTCAMP	SPIN
8:30 - 9:00 AM	POWER 30	BURN 30	POWER 30	BURN 30	POWER 30		
9:00 - 10:00 AM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOXING	BOOTCAMP
9:30 - 10:00 AM							
10:00 - 11:00 AM	BOXING	KICKBOXING	BOXING		BOXING	KICKBOXING	
10:30 - 11:00 AM							
11:00 - 11:30 AM	SENIOR FITNESS			SENIOR FITNESS			
11:30 AM - 12:00 PM							
12:00 - 12:30 PM							
12:30 - 1:00 PM							
1:00 - 1:30 PM							
1:30 - 2:00 PM							
2:00 - 2:30 PM							
2:30 - 3:00 PM							
3:00 - 3:30 PM							
3:30 - 4:00 PM							
4:00 - 4:30 PM							
4:30 - 5:00 PM							
5:00 - 5:30 PM							
5:30 - 6:00 PM	KICKBOXING	BOXING	KICKBOXING	BOXING	KICKBOXING		KICKBOXING
6:00 - 6:30 PM							
6:30 -7:00 PM	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP		
7:00 - 7:30 PM							
7:30-8:00 PM	SPIN /YOGA	BASIC TRAINING	SPIN /YOGA	BASIC TRAINING			
8:00 - 8:30 PM							
8:30-9:00 PM	KICKBOXING	BOXING	KICKBOXING	KICKBOXING			
9:00-9:30 PM							