

GROUP TRAINING AND CLASS SCHEDULE



TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Boot Camp Ivan		Boot Camp Ivan		Boot Camp Ivan		
8:00 a.m.						Rowbics	
9:00 a.m.	Interval Training Alan Smith		Interval Training Alan Smith		Interval Training Alan Smith		
9:00 a.m.	Boot Camp Ivan		Boot Camp Ivan		Boot Camp Ivan		
9:30 a.m.						Intense Training Danielle	
10:30 a.m.						Interval Training Alan Smith	
5:30 p.m.	Boot Camp Ivan		Boot Camp Ivan		Boot Camp Ivan		
6:00 p.m.	Rowbics	Rowbics	Rowbics	Rowbics			
6:45 p.m.				Group Training Danielle			
7:00 p.m.	Kickboxing Michael		Kickboxing Michael	TRX Training Andrew			

CLASS FEES:

PER CLASS

Rowbics	\$5.00	\$8.00 (non-member)
Kickboxing	\$8.00	\$20.00 (unlimited)
Interval Training	\$15.00	
F.I.T. Training	\$15.00	

CLASS FEES:

PER CLASS

Kettlebells	\$20.00	
TRX Training	\$10.00	\$ 12.00 (non-member)
Boot Camp		\$149.00 (unlimited classes)