



GROUPX SCHEDULE

	7:00AM	8:00 AM	11:30AM	12:00PM	5:00PM	5:30PM
Monday	Boot Camp 1 hour		Sweating Bullets (Spin)	Buttz n' Gutz	Bosu Blast / 6:00PM - 7:00PM	Circuit Pulse
Tuesday	Yoga 45Min				Functional Olympic Training	Olympic Lift
Wednesday	Boot Camp 1 hour		Bosu Blast /	Circuit Pulse	Spin	Buttz N Gutz 6:00PM - 7:00PM
Thursday	Yoga 45 Min				Functional Olympic Training	Olympic Lift
Saturday		Yoga 1hr	Boot Camp 9AM			