

SPRING 2019 GROUP X SCHEDULE

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:30-9:30am	CROSS TRAINING		CROSS TRAINING		CROSS TRAINING
12:30-1:30pm	BOOTCAMP	BOOTCAMP	BOOTCAMP	BOOTCAMP	
4:00-4:20pm	ULTIMATE ABS	ULTIMATE ABS	ULTIMATE ABS	ULTIMATE ABS	
4:20-5:00 pm	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	
5:00-5:30 pm	UPPER BODY BLAST	ROCK BOTTOM	UPPER BODY BLAST	ROCK BOTTOM	
5:30-6:30pm		ZUMBA		ZUMBA	
6:30-7:30pm	ASHTANGA VINYASA YOGA	POWER YOGA	ASHTANGA VINYASA YOGA	POWER YOGA	