

FITNESS CLASS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|-----------------------------------|
| TOTAL BODY BURN 8:30- 9:15 AM KARI | | TOTAL BODY BURN 8:30- 9:15 AM KARI | | TOTAL BODY BURN 8:30- 9:15 AM KARI | YOGA 9- 10 AM JENNIFER |
| | | BODY IMPACT 9:15- 10 AM BRITTANY | | BODY IMPACT W/ STEPS 9:15- 10 AM BRITTANY | ZUMBA 10:15- 11 AM JENNIFER |
| | HIIT 10:30- 11:15 AM BRITTANY | | | | |
| BODY IMPACT 5- 5:45 PM BRITTANY | SUSPENSION TRAINING 4:00- 4:45 PM BRITTANY | | GOLF PERFORMANCE 4:30- 5:15 PM BRITTANY | | |
| | | YOGA 6- 7 PM JENNIFER | | | |
| HIIT 7:00- 7:40 PM BRITTANY | | | HIIT 6:15- 6:45 PM BRITTANY | | |

