

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM		Stryker Challenge 6:00 - 7:00	Boot Camp 6:15 - 7:00	Boot Camp 6:00 - 7:00	30 Minute Boot Camp 6:15 - 6:45
6:30 AM	Barre 6:30-7:15				15 Minute Abs N Glutes 6:45 - 7:00
7:00 AM				20 Minute Barre 7:15-7:35	
8:00 AM					
9:00 AM					
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM	15 Minute Abs N Glutes 12:00 - 12:15			Yoga 12:30 - 1:15	15 Minute Abs N Glutes 12:00 - 12:15
12:30 AM	Barre 12:30 - 1:15				Barre 12:30 - 1:15
1:00 PM					
1:30 AM					
2:00 PM					
2:30 AM					
3:00 PM					
3:30 AM					Strength & Mobility 3:15 - 4:00
4:00 PM					Yoga 4:30 - 5:30
4:30 AM	Boot Camp 4:15 - 5:00				
5:00 PM	HIIT 5:15 - 5:45				
5:30 AM				30 Minute HIIT 5:30 - 6:00	
6:00 PM	Strength with Equipment 2/1-3/11 6:15-7:00	Yoga 6:00 - 7:00			Strength with Equipment 2/1-3/11 6:15-7:00
7:00 PM					