



CLASS SCHEDULE

October 2013

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
X- Fit Chest / Tri Circuits <i>5:30- 6:30am</i> <i>Daryl</i>	X- Fit Combat Cardio <i>5:30- 6:30am</i> <i>Daryl</i>	X- Fit Cardio & Core <i>5:30- 6:30am</i> <i>Daryl</i>	X- Fit Back / Bi Circuits <i>5:30- 6:30am</i> <i>Daryl</i>	X- Fit Legs <i>5:30- 6:30am</i> <i>Daryl</i>		
X- Fit Chest / Tri Circuits <i>7- 8am</i> <i>Daryl</i>	X- Fit BOOTY Camp <i>6:15-7:15am</i> <i>Kelsie</i>	X- Fit Cardio & Core <i>7- 8am</i> <i>Daryl</i>	X- Fit Back / Bi Circuits <i>7- 8am</i> <i>Daryl</i>	X- Fit Legs <i>7- 8am</i> <i>Daryl</i>		
X- Fit Full Body <i>9- 10 AM</i> <i>Charles</i>	X- Fit Boxing <i>9-10 AM</i> <i>Kelsie</i>	X- Fit Sprint Relays <i>9-10 AM</i> <i>Charles</i>	X- Fit Full Body <i>9-10 AM</i> <i>Kelsie</i>	X- Fit Kickboxing <i>9-10 AM</i> <i>Charles</i>	X- Fit Combat Cardio <i>8-9 AM</i> <i>Daryl</i>	CLOSED
Hot Yoga <i>9:15-10:15 AM</i> <i>Jenn</i>	Yoga Bootcamp <i>9:15-10:15 AM</i> <i>Jenn</i>	Hot Yoga <i>9:15-10:15 AM</i> <i>Jenn</i>	Yoga Sculpt <i>9:15-10:15 AM</i> <i>Jenn</i>	Hot Yoga <i>9:15-10:15 AM</i> <i>Jenn</i>		ALL
iXCEL Sports <i>4- 5PM</i> <i>Daryl</i>	iXCEL Sports <i>4- 5PM</i> <i>Jay</i>	iXCEL Sports <i>4- 5PM</i> <i>Daryl</i>	iXCEL Sports <i>4- 5PM</i> <i>Jay</i>		Hot Yoga <i>10-11:00 AM</i> <i>Jenn</i>	DAY
X- Fit Full Body <i>5:30- 6:30 PM</i> <i>Charles</i>	X- Fit Boxing <i>5:30- 6:30 PM</i> <i>Charles</i>	X- Fit Sprint Relays <i>5:30- 6:30 PM</i> <i>Charles</i>	X- Fit Full Body <i>5:30- 6:30 PM</i> <i>Charles</i>			
Hot Yoga <i>6:00-7:00 PM</i> <i>Jenn</i>	Yoga Bootcamp <i>6:00-7:00 PM</i> <i>Jenn</i>	Hot Yoga <i>6:00-7:00 PM</i> <i>Jenn</i>	Yoga Sculpt <i>6:00-7:00 PM</i> <i>Jenn</i>			
	X- Fit Upper Body <i>7-8 PM</i> <i>Jeremy & Kelsie</i>		X- Fit Lower Body <i>7-8 PM</i> <i>Jeremy & Kelsie</i>			

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