

Schedule of classes and locations

CHINO 14626 Central Ave. Chino, CA 91710

Call to set up your free trial: 909.962.7745

Monday Full Body	Tuesday Lower Body	WednesdayUpper Body	Thursday Full Body	FridayCardio	SatFull Body
5 am Kelli	5 am Shelley	5 am Kelli	5 am Shelley	5 am Amanda	
6 am Miguel	6 am Shelley	6 am Miguel	6 am Shelley	6 am Miguel	
					7 am
8 am Lalo	8 am Adam	8 am Lalo	8 am Adam	8 am Miguel	8 am
9 am Lalo	9 am Sandra	9 am Lalo	9 am Adam	9 am Brian	
4 pm Sonjia	4 pm Adam	4 pm Adam	4 pm Lalo	4 pm Brian	
5 pm Sonjia	5 pm Adam	5 pm Adam	5 pm Lalo	5 pm Brian	
6 pm Sonjia	6 pm Adam	6 pm Adam	6 pm Lalo	6 pm Brian	
7 pm Sonjia	7 pm Adam	7 pm Adam	7 pm Lalo		

RANCHO CUCAMONGA 11650 Mission Park Dr. Suite 104, CA 91730

Call to set up your free trial: 909.962.7745

Monday Full Body	Tuesday Lower Body	WednesdayUpper Body	Thursday Full Body	FridayCardio	SatFull Body
5 am Adam	5 am	5 am George	5 am George	5 am Xavier	
6 am Adam	6 am	6 am George	6 am George	6 am Xavier	
					8 am Adam
9 am Amanda		9 am Amanda		9 am Amanda	9 am Adam
5 pm Lalo	5 pm George	5 pm Lalo	5 pm George		
6 pm Lalo	6 pm George	6 pm Lalo	6 pm George	6 pm George	
7 pm Lalo	7 pm George		7 pm George		

Continue to the next page for Riverside and Redlands...

RIVERSIDE 2900 Adams St. #C28 Riverside, CA 92504

Call to set up your free trial: 951.323.3701

Monday Upper Body	Tuesday Lower Body	Wednesday Full Body	Thursday Upper Body	Friday Lower Body	Saturday Full Body
5 am	5 am	5 am	5 am	5 am	
6 am	6 am	6 am	6 am	6 am	
					7 am
					8 am
9 am	9 am	9 am	9 am	9 am	9 am
4 pm	4 pm	4 pm	4 pm	4 pm	
5 pm	5 pm	5 pm	5 pm	5 pm	
6 pm	6 pm	6 pm	6 pm	6 pm	
7 pm	7 pm	7 pm	7 pm		
8 pm	8 pm	8 pm	8 pm		

Redlands Bootcamp 721 Nevada St. #201 Redlands, CA 92373

Call to set up your free trial: 909.499.2692

Monday Upper Body	Tuesday Lower Body	Wednesday Full Body	Thursday Upper Body	Friday Lower Body	Saturday Full Body
5 am	5 am	5 am	5 am	5 am	
6 am	6 am	6 am	6 am	6 am	
					8 am
9 am	9 am	9 am	9 am	9 am	
5 pm	5 pm	5 pm	5 pm	5 pm	
6 pm	6 pm	6 pm	6 pm	6 pm	
7 pm	7 pm	7 pm	7 pm		