

Schedule of classes and Locations

RANCHO CUCAMONGA 11650 Mission Park Dr. Suite 104

Rancho Cucamonga, CA 91730

Monday Full Body	Tuesday Lower Body	Wednesday Upper Body	Thursday Full Body	Friday Cardio	Sat Full Body
5:00am	5:00am	5:00am	5:00am	5:00am	
6:00am		6:00am		6:00am	
9:00am		9:00am		9:00am	9:00am
6pm	6pm		6pm	6pm	
7pm	7pm		7pm		

RIVERSIDE 2900 Adams St. #C28 Riverside, CA 92504

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5 am	5 am	5 am	5 am	5 am	8am
6 am	6 am	6 am	6 am	6 am	
9 am	9 am	9 am	9 am	9 am	
5pm	5pm	5pm	5pm	5pm	
6pm	6pm	6pm	6pm	6pm	
7pm	7pm	7pm	7pm	No class	