

Current Schedule

Monday	<u>Classes</u>	<u>Instructor</u>	<u>Room</u>	<u>Notes</u>
5:15am -6:00am	Kettlebells Cardio & Core	Kristen	Circuit	
8:45am - 9:45am	Dina's Private Group Training*	Dina	Circuit	Requires Pre-Booking
8:45 am - 9:30am	Kettlebells & TRX Combo	Amber	TRX	
5:30pm-6:30pm	Dina's Private Group Training*	Dina	TRX	Requires Pre-Booking
5:45pm -6:30pm	Kettlebells, Cardio & Core	Tisha	Circuit	
6:45pm-7:30pm	Kettlebells & TRX Combo	Kristen	TRX	
<u>Tuesday</u>	<u>Classes</u>	<u>Instructor</u>	Room	<u>Notes</u>
5:15am - 6:00am	TRX, Cardio & Core	Lani	TRX	
8:45am - 9:45am	Dina's Private Group Training*	Dina	TRX	Requires Pre-Booking
10:00am -11:00am	Dina's Private Group Training*	Dina	TRX	Requires Pre-Booking
1:00pm - 2:00pm	Holiday Boot Camp	Amber	Circuit	
3:45pm - 4:30pm	Kettlebell & TRX - Hero Class	Stephanie	TRX	
5:30pm - 6:00pm	TRX Basics	Dina	TRX	Requires Pre-Booking
6:00pm - 6:45pm	Kettlebells, Cardio & Core	Tisha	Circuit	
6:30pm-7:30pm	Dina's Private Group Training*	Dina	TRX	Requires Pre-Booking
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<u>Wednesday</u>	<u>Classes</u>	<u>Instructor</u>	<u>Room</u>	<u>Notes</u>
<u>Wednesday</u> 5:15am-6:00am	<u>Classes</u> Kettlebells, Cardio & Core	<u>Instructor</u> Kristen	<u>Room</u> Circuit	<u>Notes</u>
				Notes Requires Pre-Booking
5:15am-6:00am	Kettlebells, Cardio & Core	Kristen	Circuit	
5:15am-6:00am 6:00am - 7:00am	Kettlebells, Cardio & Core Dina's Private Group Training*	Kristen Dina	Circuit TRX	Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training*	Kristen Dina Dina	Circuit TRX TRX	Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core	Kristen Dina Dina Amber	Circuit TRX TRX Circuit	Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class	Kristen Dina Dina Amber Stephanie	Circuit TRX TRX Circuit TRX	Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core	Kristen Dina Dina Amber Stephanie Tisha	Circuit TRX TRX Circuit TRX Circuit	Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo	Kristen Dina Dina Amber Stephanie Tisha Kristen	Circuit TRX TRX Circuit TRX Circuit TRX	Requires Pre-Booking Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo	Kristen Dina Dina Amber Stephanie Tisha Kristen	Circuit TRX TRX Circuit TRX Circuit TRX Circuit TRX	Requires Pre-Booking Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm Thursday 5:15am - 6:00am	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo Classes TRX, Cardio & Core	Kristen Dina Dina Amber Stephanie Tisha Kristen Instructor Lani	Circuit TRX TRX Circuit TRX Circuit TRX Circuit TRX	Requires Pre-Booking Requires Pre-Booking Notes
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm Thursday 5:15am - 6:00am 8:45am - 9:45am	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo Classes TRX, Cardio & Core Dina's Private Group Training*	Kristen Dina Dina Amber Stephanie Tisha Kristen Instructor Lani Dina	Circuit TRX TRX Circuit TRX Circuit TRX Circuit TRX Circuit	Requires Pre-Booking Requires Pre-Booking Notes Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm Thursday 5:15am - 6:00am 8:45am - 9:45am 10:00am -11:00am	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo Classes TRX, Cardio & Core Dina's Private Group Training* Dina's Private Group Training*	Kristen Dina Dina Amber Stephanie Tisha Kristen Instructor Lani Dina Dina	Circuit TRX TRX Circuit TRX Circuit TRX Circuit TRX Circuit Circuit	Requires Pre-Booking Requires Pre-Booking Notes Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm Thursday 5:15am - 6:00am 8:45am - 9:45am 10:00am -11:00am 1:00pm - 2:00pm	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebell & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo Classes TRX, Cardio & Core Dina's Private Group Training* Holiday Boot Camp	Kristen Dina Dina Amber Stephanie Tisha Kristen Instructor Lani Dina Dina Amber	Circuit TRX TRX Circuit TRX Circuit TRX Circuit TRX Circuit Circuit Circuit	Requires Pre-Booking Requires Pre-Booking Notes Requires Pre-Booking
5:15am-6:00am 6:00am - 7:00am 8:45am-9:45am 8:45am-9:30am 3:45pm - 4:30pm 5:45pm - 6:30pm 6:45pm-7:30pm Thursday 5:15am - 6:00am 8:45am - 9:45am 10:00am -11:00am 1:00pm - 2:00pm 3:45pm - 4:30pm	Kettlebells, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Kettlebells, Cardio & Core Kettlebells & TRX - Hero Class Kettlebells, Cardio & Core Kettlebells & TRX Combo Classes TRX, Cardio & Core Dina's Private Group Training* Dina's Private Group Training* Holiday Boot Camp Kettlebell & TRX - Hero Class	Kristen Dina Dina Amber Stephanie Tisha Kristen Instructor Lani Dina Dina Amber Stephanie	Circuit TRX TRX Circuit TRX Circuit TRX Room TRX Circuit Circuit Circuit	Requires Pre-Booking Requires Pre-Booking Notes Requires Pre-Booking Requires Pre-Booking

5:15am -6:00am	Kettlebells, Cardio & Core	Lani	Circuit
8:45am - 9:30am	Kettlebells & TRX Combo	Amber	TRX
<u>Saturday</u>	<u>Classes</u>	Instructor	Room
7:00am - 7:45am	Kettlebells & TRX Combo	Amber	TRX
8:00am - 8:45am	Kettlebells	Amber	Circuit
9:00am - 9:45am	Kettlebell & TRX Combo	Kristen	TRX
10:00am - 10:45am	TRX with Kettlebells	Lani	TRX

^{*}Dina's Private Group Training includes full body workouts using Kettlebells & TRX to provide fast results on client's goals nutrition guidance, weekly weigh-in's & measurements. Requires Pre-booking & 24-hr cancellation

Instructor

Room

Classes

Friday

Revised 10-20-12



7060 N. Recreation Ave. #108 Fresno, CA 93720 559-324-8500

^{**}Classes Subject to Change Without Notice**