



Current Schedule

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

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

<u>Saturday</u>	<u>Classes</u>	<u>Instructor</u>	<u>Room</u>
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**

*****Classes Subject to Change Without Notice*****

Revised 10-20-12



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