

Fitness On Demand—Group Exercise Room SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
6:00 am	BOOT CAMP		BOOT CAMP		BOOT CAMP		
7:00 am	Kettle Bell Core	Morning Spin**	Kettle Bell Core	Morning Spin**	Kettle Bell Core	Body Sculpting	
8:00 am		High Octane		High Octane			
9:30 am	Body Sculpting		Body Sculpting		Body Sculpting		
10:00 am						Kettle Bell Core	
11:00 am						Kettle Bell Core	
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm	BOOT CAMP		BOOT CAMP		BOOT CAMP		
7:00 pm		Latin Dance		Latin Dance			
8:00 pm	Cardio Kick Boxing	Kettle Bell Core	Cardio Kick Boxing	Kettle Bell Core			
9:00 pm							