

JANUARY

Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:30am	Low Impact Boot Camp		Low Impact Boot Camp			
10:00-11:00am		Advance HIIT		Advance HIIT		
5:30 - 6:30pm		SoulSpin		SoulSpin		

*** Low Impact Boot Camp - A full body workout focusing on strengthening every day movements.

**** Advance HIIT - **High Interval Intensity Training**. High Calorie Burn and High Intensity Circuits

**** SoulSpin - Climb, sprint, jump and SWEAT to the beat of the music.