

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

5:20am Upper Body Circuit	5:20am Lower Body Circuit	5:20am Cardio HIIT or TABATA	5:20am Upper Body Circuit	5:20am Lower Body Circuit		
6am Open Gym	6am Open Gym	6:00am Open Gym	6:00am Open Gym	6am Open Gym		
6:30am Upper Body Circuit	6:30am Lower Body Circuit	6:30 Cardio HIIT or TABATA	6:30am Upper Body Circuit	6:30am Lower Body Circuit		
7:15am Upper Body Circuit	7:15am Lower Body Circuit	7:15am Cardio HIIT or TABATA	7:15am Upper Body Circuit	7:15am Lower Body Circuit		
8:15am Upper Body Circuit	8:15am Lower Body Circuit	8:15am Cardio HIIT or Insanity	8:15am Upper Body Circuit	8:15am Lower Body Circuit	8:00am BARRE strength	
	9:15am Senior/beginner TRX		9:15am Senior/Beginner Strength		8:35am HIIT or Tabata Around 40 minutes	
4:20pm Upper Body Circuit	4:20pm Lower Body Circuit	4:20pm Cardio HIIT or Tabata	4:20pm Upper Body Circuit	4:00 P90X or Insanity	9:15 will be special classes on occasion	
5:25pm Upper Body Circuit	5:25pm Lower Body Circuit	5:25pm Cardio HIIT or TABATA	5:25pm Upper Body Circuit			
		Yoga Stretch 6:15- 7:00pm				

All Circuit, HIIT or Tabata Classes are right around 30 minutes. There is always extra board work to target problem areas before or after class. All of the HIIT and Tabata can be catered to your needs. You can add more strength work if needed. We will balance all the workouts so you are able to get your heart rate up and build strength at the same time. *7:15am is a 45 minute class

P90X and Insanity on Friday afternoon will last almost 1 hour. Insanity on Wednesday will last around 37 minutes