

# Class Schedule

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

6:30 AM

Boot camp

Boot camp

7 AM

9:15AM

Aqua Fit

Circuits

Tabatta

9:30 AM

Circuits

Circuits

10:00AM

Tabata

Aqua Fit

Aqua Fit

10:15AM

6 PM

Circuits

Core and flexibility

Tabata

Circuits

Spinning

7PM

Yoga

Spinning

Yoga

Ladies hour

7:30PM

Circuit

Box FIT

8PM

Aqua Fit

Aqua Fit