

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM		Bootcamp	Kickboxing Bootcamp	Bootcamp	Kickboxing Bootcamp	Combat HIIT Express (30 Min)	
5:30AM						P90X Live (30 Min)	
7:00AM			Yoga Sculpt (60 Min)		HIIT the Barre		Yoga Sculpt (60 Min)
8:15AM							Combat HIIT
9:15AM							Insanity Live/Cardio Strength
9:45AM							
10:00AM			<b>YOUTH EXPRESS Session (4-7th Gr.)</b>		<b>YOUTH EXPRESS Session (4-7th Gr.)</b>		
10:30AM			<b>Skip Date July 5!</b>			Tank Top Arms	
10:30AM						<b>Kids Outdoor Games (Grades K-5th)</b>	
4:15PM	Combat HIIT Express (30 Min)						
4:30PM			P90X Live	Combat HIIT			
4:30PM							
5:00PM	Yoga Sculpt (60 Min)						
5:15PM		p90X Live (Express)					
5:30PM				P90X Live			
6:00PM		Size	Tank Top Arms		Cardio Strength		
6:30PM				PiYo Express (30 Min)			
7:00PM		Bootcamp			Vinyasa (60 Min)		
7:00PM		<b>Kids Outdoor Games (Grades K-5th)</b>					

**All classes are 45 Minutes Unless indicated; All Express Classes are 30 Minutes**