



KEEP IT TIGHT

FITNESS

9275 Governors Way • Cincinnati, OH 45249 • 513.683.9200 • www.keepittightfitness.com

CURRENT SCHEDULE:

MONDAY

| | | | |
|-----------|-----------------|-------------------|------------|
| 4:30 p.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |
| 6:30 p.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |

TUESDAY

| | | | |
|------------|------------------|-------------------|------------|
| 6:00 a.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |
| 8:00 a.m. | 100% Cardio | Kerri | 60 minutes |
| 11:00 a.m. | Chick Power Hour | Melissa & Johnnie | 60 minutes |
| 5:30 p.m. | Tight Tummies | Melissa & Johnnie | 25 minutes |
| 6:00 p.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |

WEDNESDAY

| | | | |
|------------|-----------------|--------------------|------------|
| 12:15 p.m. | Hot Power Lunch | Melissa or Johnnie | 30 minutes |
| 4:30 p.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |
| 6:30 p.m. | Bikini Bootcamp | Kerri | 60 minutes |

THURSDAY

| | | | |
|------------|------------------|-------------------|------------|
| 6:00 a.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |
| 8:00 a.m. | 100% Cardio | Melissa & Johnnie | 60 minutes |
| 11:00 a.m. | Chick Power Hour | Melissa & Johnnie | 60 minutes |
| 5:30 p.m. | Tight Tummies | Melissa & Johnnie | 25 minutes |
| 6:00 p.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |

SATURDAY

| | | | |
|------------|-----------------|-------------------|------------|
| 9:00 a.m. | All TRX | Melissa & Johnnie | 60 minutes |
| 10:15 a.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |

SUNDAY

| | | | |
|-----------|-----------------|-------------------|------------|
| 1:30 p.m. | Bikini Bootcamp | Melissa & Johnnie | 60 minutes |
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