



# KEEP IT TIGHT

## FITNESS

5955 Deerfield Blvd • Mason, OH 45040 • 513-403-1959 • [www.keepittightfitness.com](http://www.keepittightfitness.com)

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### 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	Melissa & Johnnie	60 minutes
11:00 a.m.	Chick Power Hour	Melissa & Johnnie	60 minutes
12:15 p.m.	Hot Power Lunch	Melissa & Johnnie	30 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 & 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
12:15 p.m.	Hot Power Lunch	Melissa & Johnnie	30 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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