



KEEP IT TIGHT

FITNESS

CLASS SCHEDULE

MONDAY

6:00 a.m.	TightRide	Amy	45 minutes
12:45 p.m.	Hot Power Lunch	Melissa	30 minutes
4:30 p.m.	Bikini Bootcamp	Johnnie	60 minutes
6:30 p.m.	Bikini Bootcamp	Johnnie	60 minutes

TUESDAY

6:00 a.m.	Bikini Bootcamp	Kerri	60 minutes
9:00 a.m.	100% Cardio	Melissa	60 minutes
5:30 p.m.	Tight Tummies	Johnnie	25 minutes
6:00 p.m.	Bikini Bootcamp	Melissa	60 minutes

WEDNESDAY

6:00 a.m.	TightRide	Amy	45 minutes
12:45 p.m.	Hot Power Lunch	Melissa	30 minutes
4:30 p.m.	Bikini Bootcamp	Melissa	60 minutes
5:30 p.m.	Mat Pilates	Leah	45 minutes
6:30 p.m.	Bikini Bootcamp	Johnnie	60 minutes
7:30 p.m.	Zumba®	Julie	60 minutes

THURSDAY

6:00 a.m.	Bikini Bootcamp	Kerri	60 minutes
9:00 a.m.	100% Cardio	Melissa	60 minutes
5:30 p.m.	Tight Tummies	Johnnie	25 minutes
6:00 p.m.	Bikini Bootcamp	Melissa	60 minutes

FRIDAY

6:00 a.m.	TightRide	Amy	45 minutes
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SATURDAY

8:00 a.m.	TightRide	Amy	45 minutes
9:00 a.m.	All TRX	Johnnie	60 minutes
10:15 a.m.	Bikini Bootcamp	Melissa	60 minutes
11:30 a.m.	Zumba®	Julie	60 minutes

SUNDAY

1:30 p.m.	Bikini Bootcamp	Johnnie	60 minutes
2:30 p.m.	Hot Vinyasa Flow	Grace	60 minutes