



KEEP IT TIGHT

FITNESS

9275 Governors Way • Cincinnati, OH 45249 • 513.403.1959 • 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	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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