



# KEEP IT TIGHT

## FITNESS

### CLASS SCHEDULE

#### MONDAY

6:00 a.m.	Kettlebell	Rachel	60 minutes
4:00 p.m.	Tight Body Bootcamp	Johnnie	60 minutes
6:00 p.m.	Kickboxing	Amanda	60 minutes

#### TUESDAY

6:00 a.m.	Tight Body Bootcamp	Kerri	60 minutes
9:00 a.m.	Tight Body Bootcamp	Kelly	60 minutes
4:00 p.m.	Tight Body Bootcamp	Melissa	60 minutes
5:30 p.m.	Tight Tummies	Johnnie	25 minutes
6:00 p.m.	Tight Body Bootcamp	Melissa	60 minutes
7:00 p.m.	Hot Vinyasa Flow	Grace	60 minutes

#### WEDNESDAY

6:00 a.m.	Kettlebell	Rachel	60 minutes
12:45 p.m.	Hot Power Lunch	Melissa	30 minutes
4:00 p.m.	Tight Body Bootcamp	Melissa	60 minutes
6:00 p.m.	Tight Body Bootcamp	Johnnie	60 minutes
7:30 p.m.	Zumba	Julie	60 minutes

#### THURSDAY

6:00 a.m.	Tight Body Bootcamp	Kerri	60 minutes
9:00 a.m.	Tight Body Bootcamp	Kelly	60 minutes
4:00 p.m.	Tight Body Bootcamp	Melissa	60 minutes
5:30 p.m.	Tight Tummies	Johnnie	25 minutes
6:00 p.m.	Tight Body Bootcamp	Rachel	60 minutes

#### FRIDAY

6:00 a.m.	Tight Body Bootcamp	Rachel	60 minutes
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#### SATURDAY

9:00 a.m.	All TRX	Rachel	60 minutes
10:15 a.m.	Tight Body Bootcamp	Melissa	60 minutes
11:30 p.m.	Zumba	Rachel	60 minutes

#### SUNDAY

10:00 a.m.	Tight Body Bootcamp	Amanda	60 minutes
11:30 a.m.	Zumba	Julie	60 minutes
2:30 p.m.	Hot Vinyasa Flow	Grace	60 minutes