



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
6:30 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.	Turbo Kick	Megan	60 minutes
7:00 p.m.	Hot Vinyasa Flow	Gina	60 minutes

WEDNESDAY

6:00 a.m.	Kettlebell	Rachel	60 minutes
4:00 p.m.	Tight Body Bootcamp	Johnnie	60 minutes
5:00 p.m.	Circuit Training	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
7:30 p.m.	Zumba	Rachel	60 minutes

FRIDAY

6:00 a.m.	Tight Body Bootcamp	Rachel	60 minutes
9:00 a.m.	Tight Body Bootcamp	Linda	60 minutes

SATURDAY

7:45 a.m.	Hot Vinyasa Flow	Gina	60 minutes
9:00 a.m.	All TRX	Rachel	60 minutes
10:15 a.m.	Tight Body Bootcamp	Melissa	60 minutes
10:15 a.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	Gina	60 minutes