



## September 2019 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:20am Total Body Circuit	5:20am HIIT or TABATA	5:20am Total Body Circuit	5:20am TRANSFORM LIVE	5:20am Total Body Circuit	
6am Open Gym	6am Open Gym	6:00am Open Gym	6:00am Open Gym	6am Open Gym	
6:30am Total Body Circuit	6:30am HIIT or TABATA	6:30 Total Body Circuit	6:30am TRANSFORM LIVE	6:30am Total Body Circuit	
7:15am Total Body Circuit	7:15am HIIT or TABATA	7:15am Total Body Circuit	7:15am TRANSFORM LIVE	7:15am Total Body Circuit	
8:15am Total Body Circuit	8:15am HIIT or TABATA	8:15am Total Body Circuit	8:15am TRANSFORM LIVE	8:15am Total Body Circuit	8:00am BARRE strength
	9:00 am TRX		9:00am Senior/Beginner Strength Training		8:35am HIIT or Tabata 45 min class
4:20pm Total Body Circuit	4:20pm HIIT or TABATA	<b>4:20pm Total Body Circuit</b>	4:20pm TRANSFORM LIVE	<b>4:00 P90X, Insanity or Strength</b>	
<b>5:25pm</b> Total Body Circuit	5:25pm HIIT or TABATA	5:25pm Total Body Circuit	5:25pm TRANSFORM LIVE		

- All Circuit, HIIT or Tabata Classes are right around 30 minutes.
- There is always extra board work to target problem areas before or after class.
- All of the HIIT and Tabata can be catered to your needs. You can add more strength work if needed.
- We will balance all the workouts so you are able to get your heart rate up and build strength at the same time. \*7:15am is a 45 minute class
- P90X and Insanity on Friday afternoon will last almost 1 hour.
- We will offer specialty classes as events on our Facebook page.