

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 to 7:00		Boot Camp Guile		Boot Camp Guile	
7:00 to 8:00		Boot Camp Guile		Boot Camp Guile	
10:00 to 11:00	Low Impact Emma		Low Impact Emma		Balance Fit Emma
11:00 to 12:00	Tone & Stretch Emma	Call for Availability	Tone & Stretch Emma	Call for Availability	Tone & Stretch Emma
12:00 to 1:00	Balance Fit Emma	Call for Availability	Circuit Training Emma	Call for Availability	Circuit Training Emma
4:30 to 5:30	Cardio Jam Jason	Agility Arnold	Cardio Jam Jason	Agility Arnold	
5:30 to 6:30	Total Body Burner Jason	Speed Arnold	Total Body Burner Jason	Speed Arnold	
6:30 to 7:30	Fat Blaster Jason	Power Arnold	Fat Blaster Jason	Power Arnold	
7:30 to 8:30	H.I.I.T/Fat Incinerator Jason	Performance Arnold	H.I.I.T/Fat Incinerator Jason	Performance Arnold	

 Fitness Training
 Athletic Training