

WEEKLY CLASS SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
7AM							
8AM	BODYWEIGHT HIIT <i>with Olivia</i>	OUTDOOR FITNESS FUSION <i>with Ren</i>	BODY-WEIGHT HIIT <i>with Ren</i>	BODY-WEIGHT HIIT <i>with Ren</i>	MORNING MEDITATION <i>with Claudia</i>	OUTDOOR FITNESS FUSION <i>with Johnny</i>	
9AM	RISE & SHINE YOGA <i>with Claudia</i>	RISE & SHINE YOGA <i>with Olivia</i>	RISE & SHINE YOGA <i>Olivia</i>	BUNGEE FITNESS <i>with Johnny</i>	RISE & SHINE YOGA <i>with Claudia</i>	RISE & SHINE YOGA <i>with Olivia</i>	BUNGEE FITNES <i>with Johnny</i>
10AM		ABS & GLUTES <i>with Ren</i>		ABS & GLUTES <i>with Ren</i>			HAPPY HIPS <i>with Johnny</i>
11AM							
12PM							
1PM							
2PM							
3PM							