

Class Schedule

- Complete Wellness for Every Age, Every Level, & Every Body!
(all classes are custom-designed with progressive exercises for each individual in mind)
- 2-8 people/class for the tailored-training experience

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 am		Boot	HPT	Boot	HPT		
8 am	Outdoor Boot						
8:30 am			More Hot Mommas		More Hot Mommas		
9 am							Weekend Boot
9:30 am	Boot						
10 am	X Ballet	Hot Mommas	X Conditioning	Hot Mommas	X Conditioning	Hot Mommas	Contact Boxing
12 pm	X Pilates Barre						X Hip Hop
1 pm	X Tap		Lunch Bunch		Lunch Bunch	X Beginning Dance	X Modern Dance
2 pm							X Yoga Stretch
4:30 pm		Boot	X Happy Hour	Boot	X AIS	X Conditioning	
5:30 pm		X Conditioning	Boot	X Conditioning	Boot	Boot	
6:30 pm		X Pilates Barre	Boot	X Pilates Barre	Boot	X Pilates Barre	
7:30 pm		Fit, Fifty, & Fab	Open Boot	Fit, Fifty, & Fab	Boot	X Hell On Heels	