

# Group Classes

October - December



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			5:30-6:00am <b>Boot Camp</b> Ron Vaillancourt			
	6:00am-6:30am <b>TRX</b> Brittani Frey			6:00am-6:30am <b>Tread-N-Shred</b> Brittani Frey		
	8:00am-8:30am <b>Sculpt</b> Molly Larson	8:00-8:30am <b>Tread-N-Shred</b> Molly Larson	8:00-8:30am <b>Strength Fusion BUILD</b> Lindsay Riebe	8:00-8:45am <b>TreadYo</b> Molly Larson	8:00-8:30am <b>Sculpt</b> Molly Larson	8:00-8:30am <b>Boot Camp</b> Lindsay Riebe
		9:00-9:30am <b>Barre</b> Molly Larson				9:30-10:30pm <b>Yoga Sculpt</b> Katie Langer
	4:30-5:00pm <b>HIIT</b> Lindsay Riebe	4:15-4:45pm <b>Tread-N-Shred</b> Molly Larson	4:15-4:45pm <b>HIIT</b> Lindsay Riebe			
	5:20-5:50pm <b>Strength Fusion BUILD</b> Lindsay Riebe	5:30-6:00pm <b>TRX HIIT</b> Molly Larson	5:00-5:30pm <b>Strength Fusion BUILD</b> Lindsay Riebe	5:00-5:45pm <b>Power Yoga</b> Bridget Akey		
	6:00-6:45pm <b>Power Yoga</b> Bridget Akey		6:00-7:00pm <b>Yoga Sculpt</b> Katie Langer			