|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | **6:30AM-7:30AM**BOOTCAMPREECE |  | **6:30AM-7:30AM**CARDIO/LIFTREECE | **6:30AM-7:30AM**H.I.I.T. & RECOVERYVAL |
| 12:00PM-12:45PMH.I.I.T. YOGAVAL | **12:00PM-12:45PM**YOGAVAL | **12:00PM-12:30PM**TABATAVAL | **12:00PM-12:45PM**YOGAVAL | **12:00PM-12:45PM**BODY TONEREECE |
| 5:30PM-6:30PMSTRENGTH & CONDITIONINGREECE |  | **5:30PM -6:30PM**H.I.I.T.REECE |  |  |

CLASS SCHEDULE