|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  | **6:30AM-7:30AM**  BOOTCAMP  REECE |  | **6:30AM-7:30AM**  CARDIO/LIFT  REECE | **6:30AM-7:30AM**  H.I.I.T. & RECOVERY  VAL |
| 12:00PM-12:45PM  H.I.I.T. YOGA  VAL | **12:00PM-12:45PM**  YOGA  VAL | **12:00PM-12:30PM**  TABATA  VAL | **12:00PM-12:45PM**  YOGA  VAL | **12:00PM-12:45PM**  BODY TONE  REECE |
| 5:30PM-6:30PM  STRENGTH & CONDITIONING  REECE |  | **5:30PM -6:30PM**  H.I.I.T.  REECE |  |  |

CLASS SCHEDULE