

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:05-06:50 Reshape 6:15 - 6:45 Bootcamp	06:05-06:50 Battle	06:05-06:50 Lift	06:15-06:45 Bootcamp 06:50 - 07:20 Ride	06:05-06:50 Metcon	08:10-08:55 Battle	08:10-08:55 Reshape
09:15-10:00 Battle			09:30- 10:15 Cardio Core		09:00-10:00 Caveman	09:00 Ride
	12:05-13:05 Hot Yoga	1130 - 12:15 Kettlebells				
		17:40-18:25 Lift				
18:15-19:00 CardioCore	18:15-19:00 Ride			18:30-19:30 Power Hour		
19:40-20:25 Reshape	19:00-20:00 Caveman		19:15-20:00 Battle			
	20:10-20:55 Hot Yoga	20:15 - 21:00 Kettlebells	19:00-20:00 Caveman			