



Class Training Schedule * Classes that must be pre-registered with 24 hr. Notice

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body
6:15-7:15 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body
* 7:30-8:30 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body
* 11:30-12:30 pm	Upper Body	Butt & Legs	Core Train	Upper Body	
* 4:00-5:00 pm	Upper Body	Butt & Legs	Core Train	Upper Body	

A 24 hr. pre-register is required for classes where indicated with a red.* for Bob

Text or call # 208-618-2889 to register for your classes

