

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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body	Altering Saturdays Bob & Shon
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	* Total Body
*11:30-12:30 pm	Upper Body	Butt & Legs	Core Train	Upper Body	X	
X	X	X	X	X	<u>12:45-1:45 PM</u> * Total Body	
* 2:00-3:00 pm Mon-Thurs	Upper Body Mon-Thurs	Butt & Legs Mon-Thurs	Core Train Mon-Thurs	Upper Body Mon-Thurs	<u>3:00-4:00pm</u> *Total Body Shon Fridays Only	<u>No 2:00 pm</u> class on Fridays
* 4:00-5:00 pm	Upper Body	Butt & Legs	Core Train	Upper Body	X	
* 5:30 6:30 pm Tues & Thurs	X	HIIT Energy Drake	X	HIIT Energy Drake	X	
*5:45- 6:45 pm Mon & Wed	HIIT Energy Drake	X	HIIT Energy Drake	X	X	

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

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