

# Class Schedule

**Monday    Tuesday    Wednesday    Thursday    Friday    Saturday    Sunday**

5:15		Rise & Shine Circuit		Rise & Shine Circuit	Rise & Shine Bootcamp		
6:00	Get R.I.P.P.E.D		Kettlebell Burn		FOR Jump Start		
7:00		HIIT		HIIT			
8:00			Strength & Conditioning 50/50			Kettlebell 101 Remi Style	
9:00	MET CON Kettlebell	Kettlebell 101	FOR the CORE	FOR the CORE	Strength & Conditioning	FOR Jump Start	
10:00		Strength & Conditioning		Bands, Balls & Ropes		Stretch for Strength	Bootcamp Shawn and Remi Style
11:00						Intro to FOR Class *1st Saturday each month	
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00		MET CON Kettlebell	Strength & Conditioning	Kettlebell Burn			
7:00	Balls, Bands & Ropes	Weightless					