



JUNE CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	2 5am Bikini Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Bootcamp	3 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	4 9:30am Bikini Abs Bootcamp	5
6	7 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp (Kickboxing)	8 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	9 5am Bikini Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Bootcamp	10 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	11 9:30am Bikini Abs Bootcamp	12
13	14 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp (Kickboxing)	15 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	16 5am Bikini Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Bootcamp	17 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	18 9:30am Bikini Abs Bootcamp	19
20	21 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp (Kickboxing)	22 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	23 5am Bikini Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Bootcamp	24 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	25 9:30am Bikini Abs Bootcamp	26
27	28 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp (Kickboxing)	29 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	30 5am Bikini Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Bootcamp			

Bikini Abs Bootcamp: Tone, sculpt and burn the fat. With our unique fusion of resistance training, plyometrics, speed intervals, kettlebell work, core conditioning and more.

Fat Loss Faster: This program combines the latest and ost advanced exercise techniques for toning and fat loss. Limit of 4 people per class.

Kickboxing: A fun filled hour of kicking, punching and a whole lot more. This full body workout will have you drenched with sweat by the end of the class!