



## MAY CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 5am Bikini Bootcamp 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	4 5am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	5 5am Bikini Bootcamp 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	6 5am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	7 9:30am Bikini Bootcamp	8
9	10 5am Bikini Bootcamp 9:30am Bikini Bootcamp 6pm Bikini Bootcamp (Kickboxing)	11 5am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	12 5am Bikini Bootcamp 9:30am Bikini Bootcamp 6pm Bikini Bootcamp	13 5am Bikini Bootcamp 6pm Bikini Bootcamp 8pm Fat Loss Faster	14 9:30am Bikini Bootcamp	15
16	17 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp (Kickboxing)	18 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	19 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp	20 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	21 9:30am Bikini Abs Bootcamp	22
23	24 <b>VICTORIA DAY</b>	25 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	26 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp	27 5am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp 8pm Fat Loss Faster	28 9:30am Bikini Abs Bootcamp	29
30	31 5am Bikini Abs Bootcamp 9:30am Bikini Abs Bootcamp 6pm Bikini Abs Bootcamp (Kickboxing)	1	2	3	4	5

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 most 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!