

Total Body Fitness Schedule

Monday

5:30AM Spinning
5:30AM CrossFit

6:30AM BootCamp
9:00AM Zumba
10:30AM Fit For Life
4:00PM Performance Athlete
5:00PM CrossFit
5:00PM Kettle Bells
6:00PM CrossFit
6:00PM Yoga

Tuesday

5:30AM TRX
5:30AM CrossFit
5:00PM CrossFit
5:30PM TRX
6:00PM CrossFit
6:00PM Total Body Fusion

Wednesday

5:30AM Spinning
5:30AM CrossFit
6:30AM Boot Camp
9:00AM Zumba
10:30AM Fit For Life
4:00PM Performance Athlete
5:00PM CrossFit
6:00PM Spinning
6:00PM CrossFit

Thursday

5:30AM TRX
5:30AM CrossFit

5:00PM CrossFit
5:30PM TRX
6:00PM CrossFit
6:00PM Total Body Fusion

Friday

5:30 AM Spinning
5:30AM CrossFit
6:30AM Boot Camp
9:00AM Zumba
10:30AM Fit For Life
4:00PM Performance Athlete
5:00PM CrossFit

Saturday

8:00AM Spinning
8:00AM Pound
9:00AM CrossFit

Sunday

8:00AM TRX