

### **Monday**

5:30AM Spin  
5:30AM CrossFit  
6:30AM Bootcamp  
9:00AM Zumba  
10:30AM Fit For Life  
4:00PM MetCon  
5:00PM Kettle Bells  
5:00PM CrossFit  
6:00PM CrossFit  
6:00PM Yoga

### **Tuesday**

5:30AM TRX  
5:30AM CrossFit  
5:00PM CrossFit  
5:30PM TRX  
6:00PM CrossFit

### **Wednesday**

5:30AM Spin  
5:30AM CrossFit  
6:30AM Bootcamp  
9:00AM Zumba  
10:30AM Fit For Life  
4:00PM MetCon  
5:00PM Kettle Bells  
5:00PM CrossFit  
6:00PM CrossFit  
6:00PM Yoga

### **Thursday**

5:30AM TRX  
5:30AM CrossFit  
5:00PM CrossFit  
5:30PM TRX  
6:00PM CrossFit

### **Friday**

5:30AM Spin  
5:30AM CrossFit  
6:30AM Bootcamp  
9:00AM Zumba  
10:30AM Fit For Life  
4:00PM MetCon  
5:00PM CrossFit

### **Saturday**

8:00AM SPIN  
8:00AM POUND  
9:00AM CrossFit

### **Sunday**

8:00AM TRX

# **Total Body Fitness Schedule**