

| Time    | Monday                                 | Tuesday                                      | Wednesday                          | Thursday                           | Friday                             | Saturday                                  | Sunday                                 |
|---------|--|--|------------------------------------|------------------------------------|------------------------------------|---|--|
| 8:00am  |  |  |                                    | Yogalates Indoor<br><b>ALEX</b>    |                                    |   | RUNING CLASS<br>5K - <b>PAULINA</b>    |
| 9:00am  | Cardio kickbox (Indoor)<br><b>ALEX</b> | Body Weight Training (Indoor)<br><b>ASIF</b> | Tight and Tone<br><b>ASIF</b>      | Fit Factory<br><b>ALEX</b>         | Pump N Burn<br><b>ALEX</b>         | Body Weight Blast (Indoor)<br><b>ALEX</b> | Cardio kickbox (Indoor)<br><b>ALEX</b> |
| 13:00pm | * Low Tone<br><b>ALEX</b>              | Pump N Burn<br><b>ASIF</b>                   | * Fit Factory<br><b>ASIF</b>       | Kids fitness (6-12)<br><b>ASIF</b> | Curls and Crunches<br><b>ASIF</b>  | * Abs Blast<br><b>ALEX</b>                | Kids fitness (6-12)<br><b>ALEX</b>     |
| 6:00pm  | Yogalates (Indoor)<br><b>ALEX</b>      | Body Balance<br><b>ASIF</b>                  | Burpees and Booties<br><b>ASIF</b> | Pump N Burn<br><b>ASIF</b>         | Burpees and Booties<br><b>ASIF</b> | Burj Pump<br><b>ASIF</b>                  | Pump and Burn<br><b>ALEX</b>           |

**Low Tone-** strength training involves exercises for upper and lower body

**Burj Pump-** workout that's specifically designed to help you get lean and fit

**Yogalates-** Challenge your body resistance and flexibility with this powerfull combination.

**Curls and Crunches-** Attack on the abdominals, lower back and obliques which will strengthen the external and internal core muscles.

**Pump n Burn-** high intensity and high reps workout

**Body Weight Blast -** We prove you don't need equipment to get a complete and tough workout!

**Kids Fitness-** is physical activities to build strength, coordination, and confidence and to lay the groundwork for a healthy lifestyle.

**Fit Factory-** Extreme fitness class to get the heart racing and fatigue the muscles

**Burpees and Booties-** burn your glutes and lots of caloris with this powerful combination

**Tight and Tone-** Class that focuses on strengthening the lower body using light to moderate weights with lots of repetition.

**Cardio Kickbox –** Have fun and release tention by throwing kicks and punches in combination with functional exercises.

Complimentary classes \*

Running Class Meeting point at the front of lobby

All the Classes 45 minutes

