

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am	Pump N Burn	Body Weight Blast (Indoor)	* Abs Blast	Fit Factory	Pump N Burn		
5:00pm	* Low Tone	Pump N Burn	* Fit Factory	Kids fitness (6-12)	Curls and Crunches		

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.

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

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

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

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 *

All the Classes 45 minutes