



### Class Schedule - February 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 6:00 AM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'Breakfast Club' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'Breakfast Club' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'BABS' )		
5:30 AM - 6:30 AM		BOOT CAMP (Matt & Jess)		BOOT CAMP (Matt & Jess)			
6:00 AM - 7:00 AM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'Kick it in the Sticks' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'Kick it in the Sticks' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'Kick it in the Sticks' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'BABS' )
9:00 AM - 10:00 AM		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'NEW' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'NEW' )			BOOT CAMP (Matt & Jess)
10:00 AM - 11:00 AM							YOUTH NINJA WARRIOR (Matt & Jess)
3:30 PM - 4:30 PM	YOUTH FITNESS & GAMES (Jess)		YOUTH FITNESS & GAMES (Jess)				
5:00 PM - 6:00 PM		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'BYB OGs' )		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ( 'BYB OGs' )			
5:30 PM - 6:00 PM	"BECOMING BADASS" WEIGH-INS & INSPIRATION (Jess)		DEKAFIT TRAINING (Jess)		DEKAFIT TRAINING (Jess)		
6:00 PM - 7:00 PM	BOOT CAMP (Matt & Jess)	CARDIO HIIT Starts at 6:15 pm (Daneya Borradaile)	BOOT CAMP (Matt & Jess)	YOGA (Laura Spies)			
7:00 PM - 7:30 PM	YOUTH NINJA WARRIOR (Matt & Jess)		YOUTH NINJA WARRIOR (Matt & Jess)				

Classes/Programs in shaded boxes are a separate fee (not part of the punch card).