



Class Schedule - January 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM - 6:30 AM		BOOT CAMP (Matt & Jess)		BOOT CAMP (Matt & Jess)			
9:00 AM - 10:00 AM						YOGA (Laura Spies) <i>Only on 01/09/21 and 01/23/21 **</i>	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 (Jess)		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING (Jess)			
5:30 PM - 6:00 PM	"BECOMING BADASS" WEIGH-INS & INSPIRATION (Jess)		DEKAFIT TRAINING (Jess)				
6:00 PM - 7:00 PM	BOOT CAMP (Matt & Jess)	HIIT HIGH INTENSITY INTERVAL TRAINING (Lilly Roser & Jess*)	BOOT CAMP (Matt & Jess)	YOGA (Laura Spies)			
7:00 PM - 7:30 PM	YOUTH NINJA WARRIOR (Matt & Jess)		YOUTH NINJA WARRIOR (Matt & Jess)				

* The HIIT Class on Tuesday, January 5th at 6 pm will be Lilly Roser's last class as she is going back to college. The HIIT Class will continue with Jess teaching! Thanks for a great class, Lilly!!

**Saturday morning Yoga is back every other Saturday! Join Laura Spies on Saturday, January 9th or January 23rd at 9 am!

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

NOW OPEN BY APPTMT
DURING THE DAY FOR
PERSONAL TRAINING, USE OF
THE GARAGE GYM, AND
RUNNING THE OBSTACLE
COURSE!
410.829.6608