

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Black Mat Room	Wood Floor Room	Black Mat Room	Wood Floor Room	Black Mat Room	Wood Floor Room	Black Mat Room	Wood Floor Room	Black Mat Room	Wood Floor Room
8:00-9:00am	Open Gym!		Open Gym!		Open Gym!		Open Gym!		Open Gym!	
9:00-10:00am	<b>CIRCUIT</b> Aerobic Madi ****	<b>PWR!</b> <b>MOVES</b> Julia ****	<b>CARDIO +</b> Madi ***	<b>DANCE</b> Leann ****	<b>CIRCUIT</b> Strength Jamie ***	<b>PWR!</b> <b>MOVES</b> Julia ****	<b>CARDIO +</b> Jamie ***	<b>BOXING</b> Alyx ***	<b>CIRCUIT</b> Strength Julia ***	<b>PWR!</b> <b>MOVES</b> Madi ****
10:15-11:15am	<b>CARDIO +</b> Madi ***	<b>BOXING</b> Julia ****	<b>CIRCUIT</b> Aerobic Madi ****	<b>PWR!</b> <b>MOVES</b> Alyx ***	<b>CARDIO +</b> Jamie ***	<b>PWR!</b> <b>MOVES</b> Julia **	<b>CIRCUIT</b> Strength Jamie ***	<b>PWR!</b> <b>MOVES</b> Alyx *	<b>CARDIO +</b> Julia ***	<b>BOXING</b> Madi ****
11:30-12:30pm	<b>CARDIO +</b> Madi **	<b>BOXING</b> Julia **	<b>CIRCUIT</b> Strength Madi ***	<b>PWR!</b> <b>MOVES</b> Alyx **	<b>CARDIO +</b> Jamie **	<b>PWR!</b> <b>MOVES</b> Alyx ***	<b>CARDIO +</b> Jamie **	<b>PWR!</b> <b>MOVES</b> Alyx ****	<b>CARDIO +</b> Julia **	<b>BOXING</b> Madi ***
Lunch Break!										
1:00-2:00pm	<b>CARDIO +</b> Julia *	<b>PWR!</b> <b>MOVES</b> Madi ***	<b>CIRCUIT</b> Strength Jamie ***	<b>PWR!</b> <b>MOVES</b> Madi *	<b>CIRCUIT</b> Strength Jamie ***	<b>BRAIN</b> <b>BOOST</b> Julia ***	<b>CARDIO +</b> Alyx *			
2:00-3:00pm			<b>CARDIO +</b> Jamie *							
3:00-4:00pm										
4:00-5:00pm			<b>CIRCUIT</b> <b>(YOPD)</b> Madi *****				<b>BOXING</b> <b>(YOPD)</b> Julia *****			

# ROGUE IN PERSON CLASS SCHEDULE