

ROGUE ONLINE CLASS SCHEDULE!!

(Classes are weekly unless otherwise noted. Classes are 1 hour unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am Pacific Time 8:00am Mountain Time 9:00am Central Time 10:00am Eastern Time	Cardio ~ 35 Min (Using Treadmill/Bike/etc.) w/Julia		HIIT ~ 45 Min w/Madi		Cardio ~ 35 Min (Using Treadmill/Bike/etc.) w/Madi
8:00am Pacific Time 9:00am Mountain Time 10:00am Central Time 11:00am Eastern Time	PWR! Moves w/Alyx	Boxing w/Jamie	Cardio ~ 35 Min (Using Treadmill/Bike/etc.) w/Jamie	PWR! Moves w/Julia	HIIT ~ 45 Min w/Julia
9:00am Pacific Time 10:00am Mountain Time 11:00am Central Time 12:00pm Eastern Time	HIIT w/Household Item (weighted bag) w/Alyx	PWR! Moves w/Jamie	Functional Strength Training w/Madi	Boxing w/Julia	PWR! Moves ~ 30 Min w/Claire
10:00am Pacific Time 11:00am Mountain Time 12:00pm Central Time 1:00pm Eastern Time	PD School Watch Party! w/Alyx				Dance ~ 30 Min w/Claire
11:30am Pacific Time 12:30pm Mountain Time 1:30pm Central Time 2:30pm Eastern Time			2nd Week of month: Online Women's Group		
1:00pm Pacific Time 2:00pm Mountain Time 3:00pm Central Time 4:00pm Eastern Time	1st Monday of Month Monthly Membership Meeting w/Claire		Cooking Class! w/Erin (30 Minutes)		
2:00pm Pacific Time 3:00pm Mountain Time 4:00pm Central Time 5:00pm Eastern Time		Speech Class w/Stephanie		Speech Class w/Stephanie	