

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM - 6:45 AM	FITNESS CLASS WITH MIKE		BOXING WITH MIKE		FITNESS CLASS WITH MIKE
9:00 AM - 10:00 AM		FIT FOR LIFE WITH JACQUI		FIT FOR LIFE WITH JACQUI	
6:00 PM - 7:00 PM	STRONG GIRLS FITNESS CLASS WITH TABRINA/BETH		STRONG GIRLS FITNESS CLASS WITH TABRINA/BETH		
5:30 PM - 6:30 PM				YOGA WITH ROSANNE	
6:00 PM - 7:00 PM		FIT FOR LIFE 2 WITH JACQUI		SMALL GROUP TRAINING WITH JACQUI	