

BAY CITY CLASS SCHEDULE



MONDAY

5:15 am – 6:15 am KICKBOXING
8:30 am – 9:30 am BODY SCULPT
4:20 pm – 5:20 pm STEP N CORE
5:30 pm – 6:30 pm BODY SCULPT
6:40 pm – 7:40 pm BOOT CAMP

TUESDAY

5:15 am – 6:15 am BODY SCULPT
4:20 pm – 5:20 pm BODY SCULPT
5:30 pm – 6:30 pm KICKBOXING
6:40 pm – 7:40 pm BODY SCULPT

WEDNESDAY

5:15 am – 6:15 am KICKBOXING
8:30 am – 9:30 am BODY SCULPT
5:30 pm – 6:30 pm BODY SCULPT
6:40 pm – 7:40 pm CARDIO PARTY

THURSDAY

5:15 am – 6:15 am BODY SCULPT
4:20 pm – 5:20 pm BODY SCULPT
5:30 pm – 6:30 pm CYCLING
6:40 pm – 7:40 pm BODY SCULPT

FRIDAY

5:15 am – 6:15 am KICK & SCULPT
4:20 pm – 5:20 pm BODY SCULPT

SATURDAY

8:00 am – 9:00 am CYCLE AND CORE
9:10 am – 10:10 am BODY SCULPT

SUNDAY

4:30 pm – 5:30 pm BODY FOCUS