

# MIDLAND CLASS SCHEDULE

## MONDAY

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5:30 am – 6:30 am KICKBOXING  
9:15 am – 10:15 am BODY SCULPT  
12:00 pm – 12:30 pm LUNCH CRUNCH BODY SCULPT  
4:20 pm – 5:20 pm CARDIO SCULPT  
5:30 pm – 6:30 pm BODY SCULPT  
6:45 pm – 7:30 pm CYCLING

## TUESDAY

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5:30 am – 6:30 am BODY SCULPT  
9:15 am – 10:15 am BODY SCULPT  
4:30 pm – 5:15 pm CYCLING  
5:30 pm – 6:30 pm BODY SCULPT  
6:40 pm – 7:40 pm KICKBOXING

## WEDNESDAY

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5:30 am – 6:30 am CYCLING  
9:15 am – 10:15 am BODY SCULPT  
12:00 pm – 12:30 pm LUNCH CRUNCH BODY SCULPT  
5:30 pm – 6:30 pm BODY SCULPT  
6:45 pm – 7:30 pm CYCLING

## THURSDAY

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5:30 am – 6:30 am BODY SCULPT  
4:20 pm – 5:10 pm BOOTY WORK  
5:30 pm – 6:30 pm BODY SCULPT  
6:45 pm – 7:30 pm CYCLING  
7:40 pm – 8:20 pm KICKBOXING

## FRIDAY

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5:30 am – 6:30 am KICKBOXING  
9:15 am – 10:15 am BODY SCULPT

## SATURDAY

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7:30 am – 8:30 am BODY SCULPT  
8:45 am – 9:30 am CYCLING

## SUNDAY

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7:30 am – 8:30 am BODY SCULPT  
8:45 am – 9:30 am CYCLING  
6:00 pm – 7:00 pm CARDIO SCULPT