

ADULT FITNESS & CONDITIONING CLASSES

WINTER 2019: Jan 7-April 7
(13 WEEKS)



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------|-----------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------|-------------------|
| 6:00 am 7:15 am | | TWIST COMPLETE | | TWIST LIFT | TWIST HIT & RECOVER | | |
| 7:00 am 8:00 am | TWIST HIT | | | TWIST COMPLETE *7:15 | | *NEW 8-9am TWIST YOGA | |
| 9:00 am 10:15 am | | | | | | TWIST COMPLETE | TWIST LIFT |
| 9:15 am 10:30 am | TWIST LIFT | TWIST HIT & RECOVER | TWIST COMPLETE | TWIST HIT & RECOVER | COACH'S CHOICE | | |
| 12:00 pm 1:00 pm | TWIST COMPLETE | | TWIST LIFT | | TWIST HIT | | |
| 6:30 pm 7:45 pm | | TWIST COMPLETE | | TWIST COMPLETE | | | |
| 7:00 pm 8:15 pm | TWIST LIFT | | TWIST HIT & RECOVER | | | | |
| 8:00 pm 9:00 pm | | | | | | | |