

Xtreme Class Schedule

	Sunday 2/12/12	Monday 2/13/12	Tuesday 2/14/12	Wednesday 2/15/12	Thursday 2/16/12	Friday 2/17/12	Saturday 2/18/12	
6:00								
7:00		FF Fitness 7:00-8:00						
8:00		Child sitting	8:30 - 10:00	Space	upon	availability		
9:00		Featured Video Workout 9-9:45	Stretch w/ Melissa 9:00 to 9:55	Featured Video Workout 9-9:45	Stretch w/ Melissa 9:00 to 9:55			
10:00	Fitness by Self Defense @ 10:00			Gentler TBC 10:10-11am w/ Jan				
11:00								
12:00								
1:00								
2:00								
3:00		Child sitting from 3:30-5:00 Mon. - Thurs. (Rsrv. may be required)						
4:00		exercise fundamentals w/ Bonnie 4-5	H.I.I.T. w/ Roma 4 -5	Dynamic Body Works w/ Randy4:00-4:50	Featured Video Workout 9-9:45			
5:00					Boxing Fundamentals w/Tyler 5-6			
6:00				Fitness by Self Defense @ 6:00				
7:00			Braziian Jiu Jitsu 7:00 w/ Bryan					
8:00								
	Scott & Arian	Ken Tyler	Bryan	Randy	Melissa	Roma	Jan	
	Bonnie	video		Jennifer, Jan, Zoe, Anna, Heather				

* Note: Featured Video will begin to be played on the hour, and is best suited for group fitness, and is for all levels of fitness.

