



MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM *TEAM TRAINING STRENGTH Matt			6:00 AM *TEAM TRAINING STRENGTH Matt			
						8:30 AM ZUMBA Mary
		9 :00AM *TEAM TRAINING STRENGTH Matt		9:00 AM *TEAM TRAINING STRENGTH Matt		
	9:00 AM CATALYST SHRED Elisa		9:00 AM CATALYST SHRED Elisa		9:30 AM CATALYST CYCLING Roslyn	
				10:15 AM RAW Cuts Robbie	10:30 AM TEAM TRAINING Charity	

***Team Training Strength combines TRX, Kettlebells, Dumbbells and many other types of equipment that will give you a great total body workout. Class is held in the Team Training Room upstairs.**