

# FITNESS SCHEDULE

Ask about our unlimited fitness pass  
for only \$25/Mth  
General Members Only

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00 AM</b> Boot Camp Rafa / Gym	<b>6:00 AM</b> Hard Core ABS Rafa / Gym	<b>6:00 AM</b> Cardio Blast Rafa / Gym	<b>6:00 AM</b> Strength Training Rafa / Gym	<b>6:00 AM</b> Cardio Blast Rafa / Gym	<b>9:00 AM</b> Cardio Kickboxing Edith / Gym
<b>7:00 AM</b> Cardio Edith / Gym	<b>8:00 AM</b> Full Body Strength Edith / Gym	<b>7:00 AM</b> Strength Training Edith / Gym	<b>8:00 AM</b> Strenght & Cardio Edith / Gym	<b>8:00 AM</b> Full Body TABATA Edith / Gym	<b>10:00AM</b> TBA
<b>8:00 AM</b> Circuit Training Edith / Gym	<b>6:00PM</b> Upper Body Bootcamp Elvira / Gym	<b>8:00 AM</b> Circuit Kickboxing Edith / Gym	<b>6:00PM</b> Cardio Kickboxing Elvira / Gym	<b>6:00PM</b> TBA	
<b>6:00PM</b> Lower Body Bootcamp Elvira / Gym	<b>7:00PM</b> Yoga Lorenia / Gym	<b>6:00PM</b> Full Body Bootcamp Elvira / Gym	<b>7:00PM</b> Yoga Lorenia / Gym		
<b>7:00PM</b> TBA	<b>8:00PM</b> Latin Dance Omar / Gym	<b>7:00PM</b> TBA	<b>8:00PM</b> Latin Dance Omar / Gym		