

# PREMIER CLASSES SUITABLE FOR ALL LEVELS OF FITNESS!

## PULSE ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	IGNITE	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE	
8 AM	IGNITE	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE	
9 AM						IGNITE
4:30 PM	FAMILY HIIT		FAMILY HIIT		FAMILY HIIT	
5:30 PM	IGNITE	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE	
6:30 PM	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE		

## CROSSFIT ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
12 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
4 PM		CROSSFIT KIDS		CROSSFIT KIDS		
4:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	