



STUDIO FITNESS SCHEDULE

Monday

FAST BLAST @ 7am - 7:30am w/hugh
FAST BLAST @ 9am - 9:30am w/hugh
FULL BLAST @ 11am - 12pm w/hugh
IRON CORE @ 2:30pm – 3pm w/jackie [new](#)
FAST BLAST @ 3pm – 3:30pm w/hugh
IRON CORE @ 6pm - 6:30pm w/jackie [new](#)
PILATES/BARRE @ 6:30pm – 7:30pm w/cj [new](#)
IRON CORE @ 8pm - 8:30pm w/jackie [new](#)

Tuesday

FAST BLAST @ 3pm - 3:30pm w/hugh
FAST BLAST @ 5:30pm - 6pm w/hugh
KICK/PUNCH @ 12pm - 12:30pm w/christina
FAST BLAST @ 7pm - 7:30pm w/morgan
HARD CORE @ 7:30pm - 8pm w/hugh
DYNAMIC YOGA(cross mats) @8pm-9pm w/david g.

Wednesday

POWER YOGA @ 7am - 8am w/david r.
KICK/PUNCH @ 8am - 8:30am w/christina
PILATES/ BARRE @ 11am – 12pm w/cj [new](#)
FAST BLAST @ 12pm - 12:30pm w/hugh
IRON CORE @ 2:30pm – 3pm w/jackie [new](#)
FAST BLAST @ 5:30pm - 6pm w/hugh
IRON CORE @ 6pm - 6:30pm w/jackie [new](#)
POWER YOGA FLOW @ 6:30pm - 7:30pm w/victoria
CORE BLAST @ 7:30pm – 8pm w/hugh [new](#)
POWER YOGA FLOW @ 8pm - 9pm w/victoria

Thursday

BEGINNING JULY 2011
POWER YOGA FLOW @ 10am-11am w/victoria
FAST BLAST @ 7am - 7:30am w/hugh
FAST BLAST @ 9am - 9:30am w/hugh
FULL BLAST @ 11am - 12pm w/hugh
FAST BLAST @ 3pm – 3:30pm w/hugh
DYNAMIC YOGA (cross mats) @ 8pm - 9pm w/david g.

Friday

FAST BLAST @ 12pm - 12:30pm w/hugh
IRON CORE @ 2:30pm – 3:00pm w/jackie [new](#)
IRON CORE @ 6pm – 6:30pm w/jackie [new](#)
FAST BLAST @ 7pm - 7:30pm w/hugh
CORE BLAST @ 7:30pm - 8pm w/hugh

Saturday

POWER YOGA @ 11am - 12pm w/david r.
KICK/PUNCH @ 12pm – 12:30pm w/christina
POWER YOGA @ 12:30pm - 1:30pm w/david r.
Private Series Based Program with alex stewart:
DESTROYER BOXING Level 2 @ 2pm – 3pm
DESTROYER BOXING Level 1@ 4pm – 5pm

Sunday

CORE BLAST @ 12pm – 12:30pm w/hugh
CORE BLAST @ 4:30pm – 5:00pm w/hugh