

January 2020

*MUST be signed up online to attend class

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		9:30 Brian HIIT LB	9:30 Eric HIIT UB	9:30 Eric <i>Feel the Burn</i>	9:30 Brian BOOTCAMP
		NO EVENING CLASS	5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB		
6	7	8	9	10	11
9:30 Brian HIIT LB	9:30 Eric HIIT TB	9:30 Brian HIIT UB	9:30 Eric BOOTCAMP	9:30 Eric <i>Feel the Burn</i>	9:30 Trey <i>Weekend Warrior</i>
5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB	5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB	5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP		
13	14	15	16	17	18
9:30 Brian HIIT TB	9:30 Eric HIIT UB	9:30 Brian BOOTCAMP	9:30 Eric HIIT LB	9:30 Eric <i>Feel The Burn</i>	9:30 Brian BOOTCAMP
5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP	5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB	5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB	5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB		

<p>9:30 Brian HIIT UB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB</p>	<p>9:30 Brian HITT TB</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p>9:30 Eric HITT LB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>9:30 Eric <i>Feel The Burn</i></p>	<p>9:30 Trey <i>Weekend Warrior</i></p>
<p>9:30 Brian HIIT LB</p> <p>5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB</p>	<p>9:30 Eric HITT LB</p> <p>5:30 Liz HIIT LB 6:00 Liz CORE BLAST 6:30 Liz HIIT LB</p>	<p>9:30 Eric HITT UB</p> <p>5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB</p>	<p>9:30 Eric HITT TB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p>9:30 Eric <i>Feel The Burn</i></p>	