

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	<i>Pump</i>		<i>Pump</i>		<i>30 Minute Abs</i>	<i>Pump</i>
9:30 AM		<i>Flow</i>		<i>RPM</i>		
10:30AM	<i>X-Fit WOD</i>		<i>X-Fit WOD</i>		<i>X-Fit WOD</i>	
11:30AM	<i>Nutrition Jumpstart</i>		<i>Nutrition Jumpstart</i>			
4:00 PM	<i>X-Fit WOD</i>	<i>X-Fit WOD</i>	<i>X-Fit WOD</i>	<i>X-Fit WOD</i>	<i>Nutrition Jumpstart</i>	
5:00 PM		<i>Nutrition Jumpstart</i>				
5:30 PM	<i>Pump</i>	<i>RPM</i>	<i>Pump</i>	<i>Sprint</i>		