



VIRTUAL CLASS SCHEDULE

November 1st through December 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 am BOOTCAMP w/ Coach Key	5:30 am SHAPE UP w/ Coach Key	5:30 am ABS w/ Derrick	5:30 am SHAPE UP w/ Coach Key	5:15 am 15/15/15 w/ Bethany	7:30 am SHAPE UP w/ Coach Key
6:15 pm DANCE FUSION w/ Kim	6:15 pm BODY SCULPT w/ Derrick	6:15 pm STRONG NATION w/ Bethany	6:15 pm BODY SCULPT w/ Derrick		8:30 am ZUMBA w/ Margarita or Destiny
					9:30 am YOGA w/ Judi

SUNDAY

6:15 pm
BODY SCULPT
w/ Derrick

\$80 FOR 8 WEEKS

Includes unlimited live streamed classes with recorded playbacks of all classes available on your own schedule.

PLUS online coaching, support group, customized nutrition plan, recipes, and more!



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