



"Life is too short to lift light weights!"

Ignite & HIIT Fit Schedule

January 2 - February 25

TIME	MON	TUES	WED	THUR	FRI	SAT
7:30 am		Ignite			Ignite Buster	
8:00 am						H.I.I.T FIT (Bootcamp)
8:30 am	Ignite	Ignite	Ignite	Ignite		Ignite
9:30 am	Ignite		Ignite		Ignite	
5:30PM	Ignite	Ignite	Ignite			
6:30PM		H.I.I.T. FIT (Bootcamp)		H.I.I.T FIT (Bootcamp)		
	Ignite		Ignite			