



CLASS SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT
7:15	BLAST	BUILD	BURN	BLAST	BUILD	
8:30				BREATHE		
9:30	BURN	BLAST	BUILD	BUILD	BURN	BURN
10:15		BURN				
12:15	BUILD				BREATHE	
13:00		BURN	BREATHE	BREATHE		
18:00					BUILD	
18:30	BOOTCAMP	BUILD	BURN	BLAST		