

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>8:00-9:00 am</b>						<b>Beach Bootcamp (Pier)</b>	
<b>9:00-10:00 am</b>	<b>Beach Bootcamp (Pier)</b>		<b>Beach Bootcamp (Pier)</b>		<b>Beach Bootcamp (Pier)</b>		
<b>11:30-12 pm</b>	<b>Lunch Crunch 1800 (Studio)</b>	<b>Lunch Crunch 1800 (Studio)</b>	<b>Lunch Crunch 1800 (Studio)</b>	<b>Lunch Crunch 1800 (Studio)</b>	<b>Lunch Crunch 1800 (Studio)</b>		
<b>4:30-5:30 pm</b>							
<b>5:00-6:00 pm</b>	<b>Raise The Bar Strength (Studio)</b> 5:00 - 5:50PM	<b>Beach Bootcamp (Pier)</b>	<b>Raise The Bar Strength (Studio)</b>	<b>Beach Bootcamp (Pier)</b>			<b>SUNDAY STRETCH ON ZOOM *</b>
<b>6:00-7:00 pm</b>		<b>Beach Bootcamp (Pier)</b>		<b>Beach Bootcamp (Pier)</b>	<b>Raise The Bar Strength (Studio)</b>		
<b>6:30-7:30 pm</b>	<b>Beach Bootcamp (Pier)</b> 6:30 - 7:30PM		<b>Beach Bootcamp (Pier)</b> 6:30 - 7:30PM				

\* PLEASE CONTACT US PRIOR TO ATTENDING SUNDAY STRETCH