



**Class Schedule - November 2023**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM - 6:00 AM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BABS')		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BABS')		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BABS')		
5:30 AM - 6:30 AM		BOOT CAMP (Jess)		BOOT CAMP (Jess)			
6:00 AM - 7:00 AM	"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('Kick it in the Sticks')		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('Kick it in the Sticks')		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('Kick it in the Sticks')		
9:00 AM - 10:00 AM		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BAMFS')		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BAMFS')		BOOT CAMP (Matt & Jess)	YOUTH NINJA WARRIOR (Kenzie Spies)
4:00 PM - 5:00 PM		YOUTH FITNESS & GAMES (Kenzie Spies)		YOUTH FITNESS & GAMES (Kenzie Spies)			
4:30 PM - 5:30 PM		STRENGTH, TONE, & CORE (Alicia Myers)					
5:00 PM - 6:00 PM		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BYB OGs')		"BEYOND BADASS" SMALL GROUP STRENGTH TRAINING ('BYB OGs')			
5:30 PM - 6:00 PM	YOUTH NINJA WARRIOR (Jess)		YOUTH NINJA WARRIOR (Jess)				
6:00 PM - 7:00 PM	BOOT CAMP (Matt & Jess)		BOOT CAMP (Matt & Jess)				



**Classes/Programs in shaded boxes are a separate fee (not part of the punch card).  
Punch cards are good for up to 2 months.**