# BODY CODE
FITNESS STUDIO

## CLASS SCHEDULE

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | 6:00AM HIIT+ | | 6:00AM HIIT+ | | 6:00AM HIIT+ | 8:00AM HIIT+ |
| | Joe | | Joe | | Joe | Joe |
| 9:00AM HIIT+ | 8:30AM HIIT+ | 9:00AM HIIT+ | 8:30AM HIIT+ | 9:00AM HIIT+ | 8:30AM HIIT+ | 9:00AM WARRIOR |
| Leo | Joe | Joe | Joe | Joe | Joe | Multiple |
| | 5:30PM HIIT+ | 5:30PM HIIT+ UB | 5:30PM TUT | 5:30PM HIIT+ LB | 5:30PM BOOT CAMP | |
| | Joe | Fred/Kevin | Pete | Fred/Kevin | Fred | |
| | 7:00PM BOOTY | 6:30PM BOXING | 6:30PM HIIT+ | 6:30PM BOXING | | |
| | Melissa/Fred | Pete/Kevin | Kevin | Pete/Kevin | | |
| | | 7:30PM Functional Fitness | | 7:30PM Functional Fitness | | |
| | | Kevin | | Kevin | | |

## GYM HOURS

| | |
|---|---|
| Monday - Thursday | 5:00AM – 12:00PM<br>4:00PM – 9:00PM |
| Friday | 5:00AM – 12:00PM |
| Saturday | 7:00AM – 12:00PM |
| Sunday | 9:00AM – 12:00PM |

TRY YOUR FIRST CLASS FREE!