

BUILDEMUP CLASS SCHEDULE

Mon	Tues	Wed	Thur	Fri	Sat
5A	5A	5A	5A	5A	8AM
6:15A	6:15A	6:15A	6:15A	6:15A	--
9:00A	9:00A	9:00A	9:00A	9:00A	Sun
12:00P	12:00P	12:00P	12:00P	12:00P	CLOSED
5P	5P	5P	5P	--	--
LEGS	UPPERS	CORE/ CARDIO	WOD	BOOTY 5/9A EMOM 6:15A/12P	BEACH BOD
INTERMEDIATE	INTERMEDIATE	BEGGINNER	ADVANCED	BOOTY BEGINNER EMOM INTERMEDIATE	BEGINNER