

# BUILDEMUP CLASS SCHEDULE

Mon	Tues	Wed	Thur	Fri	Sat	Sun
5A	5A	5A	5A	5A	7:00A	8:00A
6:15A	6:15A	6:15A	6:15A	6:15A	8:00A	-
12:00P	12:00P	12:00P	12:00P	12:00P	-	-
5P	5P	5P	5P	--	--	-
COACH EM	COACH EM	COACH EM 5P COACH RICH	COACH EM	COACH EM	COACH EM	COACH CHRISTINA
LEGS	UPPERS	CONDITIONING	WOD	EMOM	ACCESSORY	SHELF LIFE
INTERMEDIATE	INTERMEDIATE	BEGGINNER	ADVANCED	INTERMEIDATE	BEGINNER	BEGINNER

**FIRST CLASS FREE!**  
**MUST REGISTER @**  
**[VARAGO.COM/BUILDEMUP](http://VARAGO.COM/BUILDEMUP)**  
**\*WE REQUIRE A CARD ON FILE BUT**  
**YOU WILL NOT BE CHARGED\***

**\*NEW EVENING CLASS\***  
**6PM SHELF LIFE**  
**WITH COACH CHRISTINA**