

BUILDEMUP CLASS SCHEDULE

Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:00A	5:00A	5:00A	5:00A	5:00A	7:00A	8:00A
6:15A	6:15A	6:15A	6:15A	6:00A	8:00A	-
12:00P	12:00P	12:00P	12:00P	12:00P	-	-
5:00P	5:00P	5:00P	5:00P	--	--	-
COACH EM LEGS INTERMIDIATE	COACH EM	COACH EM 5P COACH RICH	COACH EM 5P COACH RICH	5A & 12P EMOM COACH EM	COACH EM	COACH CHRISTINA
6:00P	UPPERS	ENDURANCE	WOD	6A PILATES COACH CHRISTINA	ACCESSORY	SHELF LIFE
COACH CHRISTINA PILATES ALL LEVELS	INTERMEDIATE	ALL LEVELS	ADVANCED	FRIDAY CLASSES ARE ALL LEVELS	ALL LEVELS	ALL LEVELS