



BA Fitness 2019 SUMMER CLASS SCHEDULE

(Starts June 24th)

UNLIMITED MONTHLY CLASSES ONLY \$89.99

**all fitness levels welcome. * First class is FREE!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*Last Sunday of every month</i> 9:00-10:00 am Motivational Meditation Power Hour w/ Janelle</p>	5:15-6:15 am Morning Grind w/ Dawn	5:15-6:15 am Morning Grind w/ Dawn 6:30-7:15 am Fit Mix w/ rotating staff	5:15-6:15 am Morning Grind w/Stacie	5:15-6:15 am Morning Grind w/Dawn 6:30-7:15 am Fit Mix w/ rotating staff	5:15-6:15 am Morning Grind w/ Stacie	8:00-9:15 am Smackdown w/ Janelle
	9:15-10:00 am CoreFusion w/ Stacie	9:15-10:00 am Tabata Shred w/Dawn 12:00-1:00 pm Lunch Lift w/Renee	8:15-9:00 am Booty Bootcamp w/Janelle 9:15-10:00 am Booty Bootcamp w/Janelle	9:15-10:00 am Burn w/Stacie 12:00-1:00 pm Lunch Lift w/Renee & Janelle	9:15-10:00 am 5 Min Rounds w/Janelle	
	5:30-6:30 pm PM Pump w/Stacie	5:30-6:30 pm PM Pump w/Dawn	5:30-6:30 pm PM Pump w/Stacie	5:30-6:30 pm PM Pump w/Stacie	5:30-6:30 pm PM Pump w/Stacie	