

# Class Training Schedule \* -Classes that must pre-register with 24hr. Notice

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body	Altering Saturdays Bob & Shon
6:15-7:15 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body	
7:30-8:30 am	Upper Body	Butt & Legs	Core Train	Upper Body	Total Body	Total Body
11:30-12:30 pm	Upper Body	Butt & Legs	Core Train	Upper Body	X	
X	X	X	X	X	<u>12:45-1:45 PM</u> * Total Body	
2:00-3:00 pm <i>Mon-Thurs</i>	Upper Body <i>Mon-Thurs</i>	Butt & Legs <i>Mon-Thurs</i>	Core Train <i>Mon-Thurs</i>	Upper Body <i>Mon-Thurs</i>	<u>3:00-4:00pm</u> *Total Body Shon Fridays Only	<u>No 2:00 pm</u> class on Fridays
4:00-5:00 pm	Upper Body	Butt & Legs	Core Train	Upper Body	X	
5:15-6:15 pm	Upper Body	Butt & Legs	Core Train	Upper Body	X	
*6:30-7:30 pm	*Upper Body	*Butt & Legs	*Core Train	*Upper Body	X	

A 24 hr. pre-register is required for classes where indicated with a red. \* w/- Shon Halasi

Text or call # 208-618-2889 to register for your classes.