

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6:00 – 6:50 a.m. Don't Cheat Your Body® CHALLENGER	6:00 – 6:50 a.m. Don't Cheat Your Body® CHALLENGER		6:00 – 6:50 a.m. Don't Cheat Your Body® CHALLENGER	6:00 – 6:50 a.m. Don't Cheat Your Body® CHALLENGER	8:30 – 9:30 a.m. Don't Cheat Your Body® CHALLENGER <i>"Credit Class"</i>	2:30 – 4:00 p.m. J-blast™ Transformation Challenge Open Class <i>"Specialty Class"</i>
9:00 – 9:45 a.m. BOOT CAMP	9:00 – 10:35 a.m. J-blast™ Transformation Challenge Senior Class <i>"Specialty Class"</i>	9:00 – 9:45 a.m. BOOT CAMP		9:00 – 9:45 a.m. Don't Cheat Your Body® CHALLENGER <i>"Credit Class"</i>	10:00 – 11:30 p.m. J-blast™ Transformation Challenge Kid Class <i>"Specialty Class"</i>	
12:10 – 12:40 p.m. BOOT CAMP		12:10 – 12:40 p.m. BOOT CAMP		12:10 – 12:40 p.m. BOOT CAMP	12:00 – 1:30 p.m. J-blast™ Transformation Challenge Family Class <i>"Specialty Class"</i>	
5:00 – 5:45 p.m. Don't Cheat Your Body® CHALLENGER <i>"Credit Class"</i>	5:00 – 5:45 p.m. BOOT CAMP		5:00 – 5:45 p.m. BOOT CAMP	4:30 – 6:00 p.m. J-blast™ Transformation Challenge Teen Class <i>"Specialty Class"</i>		
6:00 – 6:45 p.m. Don't Cheat Your Body® CHALLENGER <i>"Credit Class"</i>	6:00 – 6:45 p.m. BOOT CAMP		5:30 – 6:30 p.m. Aerobics			
7:00 – 8:30 p.m. J-blast™ Transformation Challenge Adult Class <i>"Specialty Class"</i>	6:00 – 8:00 p.m. KARATE <i>"Specialty Class"</i>		6:00 – 6:45 p.m. BOOT CAMP	TRAINER JACK'S Don't Cheat Your Body® CHALLENGER	Monthly "Calorie Burn Challenge" Prizes awarded each month for most calories burned Polar HR Watch FT7 or above is required.	TRAINER JACK'S Don't Cheat Your Body® CHALLENGER
	7:00 – 7:45 p.m. CYCLING <i>"Credit Class"</i>	TRAINER JACK'S Don't Cheat Your Body® CHALLENGER This is a special routine that is available ALL DAY. Simply exercise at your own pace and time. <i>(DVD sample available)</i> Available All Day	7:00 – 7:45 p.m. CYCLING <i>"Credit Class"</i>	TRAINER JACK'S Don't Cheat Your Body® CHALLENGER This is a special routine that is available ALL DAY. Simply exercise at your own pace and time. <i>(DVD sample available)</i> Available All Day		TRAINER JACK'S Don't Cheat Your Body® CHALLENGER This is a special routine that is available ALL DAY. Simply exercise at your own pace and time. <i>(DVD sample available)</i> Available All Day

We have Chest Straps available for purchase to track your Heart Rate and Calories during Classes.