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TRAINING SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:00pm – Drop – In Urban Mix (Harry)				ALL NEW! 8:00am – Drop – In Urban Mix (Nicki)
		1	2	3	4	5
5pm Drop – In Urban Mix (Rick)	6:00am – 10 Day Fat Blasting Boot Camp Kickoff – Urban Style 5:00pm Train to Run Kickoff	6:00am – 10 Day Fat Blasting Boot Camp 5:00pm – Drop – In Urban Mix (Nicki)	6:00am – 10 Day Fat Blasting Boot Camp 5:00pm Train to Run	6:00am – 10 Day Fat Blasting Boot Camp		8:00am – Drop – In Urban Mix (Rick)
6	7	8	9	10	11	12
5pm Drop – In Urban Mix (Harry)	6:00am – 10 Day Fat Blasting Boot Camp 5:00pm Train to Run	6:00am – 10 Day Fat Blasting Boot Camp 5:00pm – Drop – In Urban Mix (Rick)	6:00am – 10 Day Fat Blasting Boot Camp 5:00pm Train to Run	6:00am – 10 Day Fat Blasting Boot Camp Finale	5 – 6:30pm – FREE Food Extravaganza: Taste of a Healthy Summer	8:00am – Drop – In Urban Mix (Casey)
13	14	15	16	17	18	19
5pm Drop – In Urban Mix (Nicki)	6:00am –Kettlebell HardCORE Kickoff 5:00pm Train to Run 6:00pm – Kettlebell HardCORE Kickoff	6:00am –Kettlebell HardCORE 5:00pm – Drop In Urban Mix (Casey) 6:00pm – Kettlebell HardCORE	6:00am –Kettlebell HardCORE 5:00pm Train to Run 6:00pm – Kettlebell HardCORE	6:00am –Kettlebell HardCORE 6:00pm – Kettlebell HardCORE	6:00am –Kettlebell HardCORE 6:00pm– Kettlebell HardCORE	8:00am – Drop – In Urban Mix (Nicki)
20	21	22	23	24	25	26
5pm Drop – In Urban Mix (Harry)		5:00pm – Drop In Urban Mix (Harry)				
27	28	29	30	31		