SHAPE UP! BOOT CAMPS & FITNESS

SCHEDULE SUBJECT TO CHANGE

MARCH 2020 CLASS SCHEDULE

COLOR CODE FOR CLASS LENGTH:

60 MINUTE 45 MINUTE 10 MINUTE

WWW.SHAPEUPBOOTCAMPS.COM

925-980-6066

SCHEDULE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
6AM TOTAL BODY SHRED 8:15AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM CARDIO & CORE BURN 7AM CARDIO & CORE BURN 9:30 CARDIO & CORE BURN 10:15 FLEX & FLOW 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED	7:30AM BOOT CAMP STRONG 8:15AM FLEX & FLOW 9AM TOTAL BODY SHRED	8AM BOOT CAMP 20/20/20 11:30AM STUDENT TRAINING
9	10	11	12	13	14	15
6AM TOTAL BODY SHRED 8:15AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM CARDIO & CORE BURN 7AM CARDIO & CORE BURN 9:30 CARDIO & CORE BURN 10:15 FLEX & FLOW 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15AM TOTAL BODY SHRED	7:30AM BOOT CAMP STRONG 8:15AM FLEX & FLOW 9AM TOTAL BODY SHRED	8AM BOOT CAMP 20/20/20 11:30AM STUDENT TRAINING
16	17	18	19	20	21	22
6AM TOTAL BODY SHRED 8:15AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM CARDIO & CORE BURN 7AM CARDIO & CORE BURN 9:30 CARDIO & CORE BURN 10:15 FLEX & FLOW 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED	7:30AM BOOT CAMP STRONG 9AM TOTAL BODY SHRED	8AM BOOT CAMP 20/20/20 11:30AM STUDENT TRAINING
23	24	25	26	27	28	29
6AM TOTAL BODY SHRED 8:15AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM CARDIO & CORE BURN 7AM CARDIO & CORE BURN 9:30 CARDIO & CORE BURN 10:15 FLEX & FLOW 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15AM TOTAL BODY SHRED	7:30AM BOOT CAMP STRONG 8:15AM FLEX & FLOW 9AM TOTAL BODY SHRED	8AM BOOT CAMP 20/20/20 11:30AM STUDENT TRAINING
30	31	1	2	3	4	5
6AM TOTAL BODY SHRED 8:15AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM CARDIO & CORE BURN 7AM CARDIO & CORE BURN 9:30 CARDIO & CORE BURN 10:15 FLEX & FLOW 5:15PM TOTAL BODY SHRED 6PM SELF STRETCH 6:15PM CORE & CARDIO BURN	6AM LOWER BODY BLAST 9AM LOWER BODY BLAST 9:45AM SELF STRETCH 12PM LUNCH POWER SHRED 4PM STUDENT TRAINING 5:15PM CORE & CARDIO BURN 6PM SELF STRETCH 6:15PM LOWER BODY BLAST	6AM TOTAL BODY SHRED 9AM TOTAL BODY SHRED	7:30AM BOOT CAMP STRONG 8:15AM FLEX & FLOW 9AM TOTAL BODY SHRED	8AM BOOT CAMP 20/20/20 11:30AM STUDENT TRAINING