

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Lance	Elijah (30)	Lance	John (30)	Lance		
5:30 AM		Elijah (30)		John (30)			
6:00 AM	Lance (30)	Elijah (30)	Joel (30)	John (30)	Lance (30)		
7:30 AM						Elijah	
8:00 AM		Lance (30)		Lance (30)			
8:30 AM							Kymaal
9:00 AM						Bernadette	
9:30 AM	Elijah (30)	Lance	Nanette	Lance	Lance (30)		
10:00 AM	Elijah (30)				Lance (30)		Kymaal
10:30 AM						Kymaal	
12:00 PM	Kymaal (30)	Elijah (30)	Elijah (30)	Elijah (30)	Kymaal (30)		
4:00 PM	Elijah (30)		Elijah (30)				
5:00 PM	Lance (30)	Lance (30)	Nanette (30)	Lance (30)	Kymaal (30)		
5:30 PM	Lance (30)	Bradley (30)	Nanette (30)	Joel (30)	Elijah (30)		
6:00 PM	Lance (30)	Bradley (30)	Nanette (30)	Joel (30)	Elijah (30)		
7:00 PM	Bernadette	Nanette	Stephen	Joel			

Effective September 1, 2018

8:00 PM	Kymaal (30)	Bradley (30)	Stephen (30)	Elijah (30)			
(30) = 30 Minute Sessions. Other Classes are 1 Hour							

# Fit Body Boot Camp Schedule