

Three Wolves Class Schedule June 2022

Strength	HIIT/Cardio	Yoga	Pilates	Various Workouts		
Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:15 - 6:00 AM Bootcamp	5:15 - 6:00 AM Power Pump	5:15 - 6:00 AM Bootcamp	5:15 - 6:00 AM Power Pump	5:15 - 6:00 AM Transform Live/Step Aerobics		
6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Bootcamp	6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Battlecore/Bungee	6:15 - 7:00 AM Superfunctional Bootcamp/TRX		
					8:00 - 8:30 AM Bootcamp	
8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Fusion FIIT	8:30 - 9:15 AM Stride & Strength	8:30 - 9:15 AM TRX-Power Pump	8:30 - 9:15 AM Bootcamp	8:45 - 9:30 AM Power Pump	
						9:00 - 10:00 AM Fundraiser Class (varies)
5:30 - 6:15 PM Bootcamp	5:30 - 6:15 PM Power Pump	5:30 - 6:15 PM Bootcamp	5:30 - 6:15 PM Power Pump			
		6:30 - 7:00 Bungee				