

Three Wolves Class Schedule March 2023

Strength	HIIT/Cardio	Yoga	Themed Workout	Various Workouts		
Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:15 - 6:00 AM Fusion FIIT	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 Cardio Workouts		
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	6:15 - 7:00 AM Superfunctional		
					8:00 - 8:30 AM Cardio Workout	
8:30 - 9:15 AM TRX Bootcamp	8:30 - 9:15 AM Stride & Strength	8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Transform Live	8:30 - 9:15 AM Bootcamp	8:45 - 9:30 AM Power Pump	
5:45 - 6:30 PM TRX Bootcamp	5:45 - 6:30 PM Powerpump	5:45 - 6:30 PM Bungee	5:45 - 6:30 PM Cardio Workouts			
		6:30 - 7:15 PM Guided Yoga				