

Three Wolves Class Schedule April 2023

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