

Three Wolves Class Schedule January 2022

Strength	HIIT/Cardio	Yoga	Pilates	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 Transform Live	5:15 - 6:00 AM Power Pump		
6:15 - 7:00 AM Bootcamp	6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Bungee/Battlecore	6:15 - 7:00 AM TRX/Superfunctional/ Powerpump	6:15 - 7:00 AM Transform Live		
					8:00 - 8:30 AM Bootcamp	
8:30 - 9:15 AM Bootcamp	8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Bungee/Transform Live	8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Stride & Strength Combo Class	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 Bungee/Fusion FIIT	5:30 - 6:15 PM Power Pump			
		6:30 - 7:15 Guided Yoga				

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