

Three Wolves Class Schedule

Strength	HIIT/Cardio	Yoga	Pilates			
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!		
6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Bootcamp	6:15 - 7:00 AM TRX	6:15 - 7:00 AM Battlecore/Bungee	6:15 - 7:00 AM Superfunctional		
	7:00 - 8:00 AM Yoga Flow			7:00 - 8:00 AM Yoga Flow	8:00 - 8:30 AM Bootcamp	
8:30 - 9:15 AM TRX/Strength	8:30 - 9:15 AM Bootcamp	8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Superfunctional	8:15 - 9:00 AM Torch Pilates	8:45 - 9:30 AM Power Pump	
					9:45 - 10:30 AM Zumba	9:00 - 10:00 AM Fundraiser Class (varies)
					10:45 - 11:45 AM Yoga Flow	
5:00 - 5:45 PM Superfunctional	5:00 - 5:45 PM Fusion FIIT	5:00 - 5:45 PM Power Pump	5:00 - 5:45 PM Bootcamp			
6:00 - 6:45 PM Zumba	6:00 - 6:45 PM Power Pump	6:00 - 6:45 PM Bungee	6:00 - 6:30 PM TRX			
7:00 - 7:30 PM Pound/Zumba Toning	7:00 - 8:00 PM Yoga Flow	7:00 - 8:00 PM Yoga Flow	6:45 - 7:30 PM Zumba			