

Three Wolves Class Schedule September 2022

Strength	HIIT/Cardio	Yoga	Cardio/Strength	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 Themed Bootcamp	5:15 - 6:00 AM Transform Live	5:15 - 6:00 AM Powerpump		
6:15 - 7:00 AM Battlecore/Step Aerobics	6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Themed Bootcamp	6:15 - 7:00 AM Superfunctional Bootcamp	6:15 - 7:00 AM PiYo		
					8:00 - 8:30 AM Bootcamp	
8:30 - 9:15 AM Stride and Strength	8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Themed Bootcamp	8:30 - 9:15 AM TRX	8:30 - 9:15 AM Bootcamp	8:45 - 9:30 AM Power Pump	
5:30 - 6:15 PM Bootcamp	5:30 - 6:15 PM Power Pump	5:30 - 6:15 PM Themed Bootcamp	5:30 - 6:15 PM Power Pump			
		6:30 - 7:00 Bungee				