

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 | | |
| | | | | | 8:00 - 8:30 AM Bootcamp | |
| 8:30 - 9:00 AM Bootcamp | 8:30 - 9:00 AM Bootcamp | 8:30 - 9:00 AM Power Pump | 8:30 - 9:00 AM Bungee/Transform Live | 8:15 - 8:45 AM Torch Pilates | 8:45 - 9:30 AM Power Pump | |
| 9:00 - 9:30 AM Strength | 9:00 - 9:30 AM Superfunctional | 9:00 - 9:30 AM Stride & Strength | 9:00 - 9:30 AM Strength | 8:45 - 9:15 AM Bootcamp | 9:45 - 10:30 AM Zumba | 9:00 - 10:00 AM Fundraiser Class (varies) |
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| 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 Torch Pilates | | | |
| 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 | | | |