Three Wolves Class Schedule August 2022

Strength	HIIT/Cardio	Yoga	Pilates	Various Workouts		
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 PIYO		
6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Bootcamp	6:15 - 7:00 AM Power Pump	6:15 - 7:00 AM Bungee/Battle Core	6:15 - 7:00 AM TRX		
					8:00 - 8:30 AM Bootcamp	
8:30 - 9:15 AM Power Pump	8:30 - 9:15 AM Bootcamp	8:30 - 9:15 AM Stride & Strength	8:30 - 9:15 AM Power Pump	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 Bootcamp	5:30 - 6:15 PM Power Pump			
		6:30 - 7:00 Bungee				