

WORLD GYM[®]

NORTH BAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BUTTS AND GUTS (ASHLEY P) 9:00-10:00		BUTTS AND GUTS (ASHLEY P) 9:00-10:00			YOGA (LYNN) 9:00-10:00
KETTLE BELL (JOEY) 12:00-1:00	KETTLE BELL (PETER) 12:00-1:00	KETTLE BELL (JOEY) 12:00-1:00	KETTLE BELL (PETER) 12:00-1:00	KETTLE BELL (JOEY) 12:00-1:00		
INTERMEDIATE BOOTCAMP (ADAM) 4:30-5:30	CORE CIRCUIT (ADAM) 5:00-5:30	INTERMEDIATE BOOTCAMP (ADAM) 4:30-5:30				
CORE CIRCUIT (ADAM) 5:30-6:00	BEGINNER BOOTCAMP (ADAM) 5:30-6:30	CORE CIRCUIT (ADAM) 5:30-6:00	YOGA (LYNN) 6:00-7:00			
	POUND (ASHLEY M) 7:00-8:00		POUND (ASHLEY M) 7:00-8:00			

