

Spring Fitness Magnolia Schedule!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	
6am						
8:30am	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	
12:00pm						
4:30pm	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	
5:30pm	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	<i>CLASS</i>	

Boot Camp Training

What this includes: Constantly varied functional movements at a high intensity.

Meaning you maybe climbing a rope, flipping tires , running and weight lifting.

Workouts are 20 min others are 30 min. You never know from day to day what your workout will be.

All workouts are modified. Example: If you can't run you can row or ride a bike.

Come try a week for free!

*** Call club for details 281-356-7875!**