

August 2022 Back To School Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FRESH Start Online Accountability Challenge Special!!!!	Fresh Start <ul style="list-style-type: none"> NRT 1st weeks meals FREE Amazing Accountability Starts August 8th		Jenfit and Fresh Meals Served Weekly	Back to School Recipe READY Online Challenge	Friday Rules: Share with other members recipes, tips, tricks and Jen will chime in as well! FREE app. Included in membership!	Relax & Detox Special Sauna/Red Light/Charcoal Lemonade \$30 <ul style="list-style-type: none"> Add 30min consult \$50
Prices \$35 Basic \$45 All inclusive \$25 Senior/student	1	2	3	4	5	6
	5:45am Hiit 7:30am circuit 8:30am Low Impact 4pm power circuit 5:30pm TRX	6:30pm Barre	5:45am kickboxing 7:30am tabata 8:30am Low Impact 4pm kickbox 5:30pm Barre		5:45am bootcamp 7:30am bootcamp 8:30am Low Impact 4pm Hiit	8am Mix'd Barre
7	5:45am circuit 8 7:30am kickboxing 8:30am Low Impact 4pm hiit 5:30pm TRX	9	5:45am HIIT 10 7:30am circuit 8:30am Low Impact 4pm pilates 5:30pm Barre Hiit	11	5:45am Power Cir 12 7:30am Power Cir 8:30am Seniors 4pm Power Cir	13
	5:45am circuit 7:30am kickboxing 8:30am Low Impact 4pm hiit 5:30pm TRX	6:30pm barre				
14	5:45am Tabata 15 7:30am cardio core 8:30am Low Impact 4pm circuit 5:30Pm trx	16	5:45am kickbox 17 7:30am Tabata 8:30am Low Impact 4pm Tabata 5:30pm TRX/Barre	18	5:45am hiit 19 7:30am cardio core 8:30am Seniors 4pm High Rise	20
	5:45am Tabata 7:30am cardio core 8:30am Low Impact 4pm circuit 5:30Pm trx	6:30pm Barre				
21/28	5:45am bootcamp 22/29 8:30am bootcamp 9:30am Seniors 4pm POUND 5:30pm TRX	23/30	5:45am Hiit 24/31 8:30am Tabata 9:30am Low Im 4pm Hiit 5:30pm TRX	25	5:45am TRX remix 26 8:30am TRX Remix 9:30am Low Impact 4pm TRX Remix	27
9:30am SENIORS M,W,F Regular Fall Hours are BACK!	5:45am bootcamp 8:30am bootcamp 9:30am Seniors 4pm POUND 5:30pm TRX	6:30pm Barre	5:45am Hiit 8:30am Tabata 9:30am Low Im 4pm Hiit 5:30pm TRX		5:45am TRX remix 8:30am TRX Remix 9:30am Low Impact 4pm TRX Remix	8am Mix'd Barre 9am Hiit