



May Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a	My Think Fit Bootcamp The Jungle*		My Think Fit Bootcamp The Jungle*		My Think Fit Bootcamp The Jungle*	
5:30a		MMA Power Hour The Jungle				
5:45a	Cycle-Kelley		Cycle-Michelle		Cycle-Michelle	
6:15a			Full Throttle The Jungle			
8:00a						Cycle-Kirk
8:15a	Muscle Blast - Heather	Power Hour-Natalie	Body Sculpt-Carly	Zumba-Marsha	Body Sculpt-Carly	Psyco 60 The Jungle
8:15a				Round and Round The Jungle		
8:30a					Rage The Jungle	
9:15a		Cycle-Kelli		Cycle-Nicole		Zumba Toning-Josie
9:30a	Power Hour - Kelli	S.T.R.I.D.E-Anna	Yoga Burn-Merridith	Kickbox-Heather	Yoga Restore-Merridith	
10:00a			Fight Club The Jungle			Hot Yoga The Jungle
10:15a	Round and Round The Jungle					
10:30a	Pilates - Merridith	Yoga Core-Merridith				Zumba-Marsha
5:00p			Jungle Kids Conditioning			
5:45p	Jessica's Bootcamp					
6:00p	Round and Round The Jungle					
6:00p	Cycle-Kirk	Cycle-Nicole	No Fear The Jungle	Cycle-Kirk		
6:30p		Zumba and Abs-Josie	Yoga-Tricia	Zumba-Teresa		
6:30p				MMA Power Hour The Jungle		
6:45p	Zumba-Marsha					

972-347-9009

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*indicates fee based class