



RockStar Fitness Club Class Schedule

Please sign up at Front Desk or message us on Facebook to Reserve your Spot!

Time	<u>August 4</u> Monday	<u>August 5</u> Tuesday	<u>August 6</u> Wednesday	<u>August 7</u> Thursday	<u>August 8</u> Friday	<u>August 9</u> Saturday
7:50am	HIIT 45 Min. Griselda	HIIT 45 Min. Griselda		HITT 45 Min. Griselda		
8:00am			Bootcamp 1 Hour Joshua		HITT 45 Min. Pam	
9:00am						Zumba 1 Hour Clarissa
9:15am						
10:00am			Young at Heart: 1 Hour Joshua		Young at Heart: 1 Hour Griselda	
10:45am		Young at Heart: 1 Hour Leon		Young at Heart: 1 Hour Leon		