

TEAM FIT, CHESTERFIELD WINTER SESSION –BEGINS JAN 16th

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00	Begins 01/09: TEAM FIT CAMP JILL 5:45am	Begins 01/09: Men's Fitness TODD 6:00am	TEAM FIT CAMP JILL	Men's Fitness TODD	TEAM FIT CAMP JILL	7:00 Combat Boxing CHANTELL	
8:00						Cycle Challenge CHANTELL	8:30 Hot Yoga JEAN
9:00						Super Sat. Mornings SHAWN	
9:30	Body Boot Camp (20/20/20) JILL	Cycle Challenge LINDSAY	Body Boot Camp (20/20/20) JILL	Pi-Yo Strength CHANTELL	Fat-Burning Interval Training CHANTELL	10:00 TNT SHAWN	
10:30	TNT JILL	Zumba LINDSAY	Step Interval JILL	TRX CHANTELL	Zumba Gold DOROTHY	11:00 Zumba NANCY B.	
PM						12: Core Conditioning JILL	
4:45		Sports conditioning camps TODD				NEW! Women's Self Defense *check scheduled times/dates	
5:30	Chantell's Cycle/TRX Circuit Combo CHANTELL						
6:00		TNT LINDSAY	TRX DRU	Combat Boxing TODD	Pi-Yo Strength CHANTELL		
6:30	Zumba LINDSAY						
7:00	7:30 Advanced Step SHAWN	(20/20/20) LINDSAY	Zumba DRU	(20/20/20) LINDSAY			
8:00	8:30-9:15pm Tabata TODD	Hip Hop LINDSAY	Advanced Step SHAWN	Cycle Challenge LINDSAY			