

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM						Bootcamp with David	
11:00 AM							
12:00 PM	Brain and Body	Easy Movin'It	Brain and Body	Easy Movin'It		Easy Movin'It	
1:00 PM							
2:00 PM		Bootcamp with Christa		Bootcamp with Christa			
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							

## Daily Live Class Schedule (All times Eastern Standard Time)