

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am H.I.I.T. Calorie Crusher	5 am Tabata Strength	5 am Cardio & Core	5 am Cross-Training for Mortals	5 am Strength Circuit		
	7 am Semi-Private Training Clinic (email for pricing)	7 am Semi-Private Training Clinic (email for pricing)	7 am Semi-Private Training Clinic (email for pricing)	7 am Semi-Private Training Clinic (email for pricing)		
	8 am Tabata Strength	8 am Strength	8 am Cardio, Core & So Much More	8 am Cross-Training for Mortals		8:00 am Strength
	9:15 am Tabata Tuesday H.I.I.T.		9:15 am Therapy Thursday Circuit	9:15 am H.I.I.T. Calorie Crusher	9:15 am H.I.I.T. Calorie Crusher	9:00 am Cross Training For Mortals

\$129/month for one year commitment
\$139/month for 6 month commitment
\$149/month to month
Drop-in Rate \$30/class

**Classes subject to change without notice.*

**Classes 50 minutes unless noted.*

**Contract for terms.*

**Classes must be reserved thru gymmasterronline.com*

