



CLASS SCHEDULE

September 2015

www.monroerealtraining.com/classes/

Phone: 608-235-8258

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 5:30-6:20 AM BUTTS & GUTS Connie	1 6:00-7:00 PM ZUMBA® Heidi	2 5:30-6:20 AM FF BOOT CAMP Connie 9:00-10:00 AM CARDIO ENDURANCE Denise FREE INTRO	3 NO CLASSES	4 NO CLASSES	5 8:00-8:50 AM BUTTS & GUTS Connie
6	7 NO CLASSES	8 6:00-7:00 PM ZUMBA® Heidi	9 5:30-6:20 AM FF BOOT CAMP Connie 9:00-10:00 AM CARDIO ENDURANCE Denise	10 FREE INTRO 6:00-7:00 PM SUSPENSION TRAINING Kevin	11 FREE INTRO 9:00-10:00 AM SUSPENSION TRAINING Kevin	12 8:00-8:50 AM BUTTS & GUTS Connie
13	14 5:30-6:20 AM BUTTS & GUTS Connie 9:00-10:00 AM R.I.P.P.E.D. Denise FREE INTRO	15 6:00-7:00 PM ZUMBA® Heidi	16 5:30-6:20 AM FF BOOT CAMP Connie 9:00-10:00 AM CARDIO ENDURANCE Denise	17 6:00-7:00 PM SUSPENSION TRAINING Kevin	18 9:00-10:00 AM SUSPENSION TRAINING Kevin	19 NO CLASSES
20	21 9:00-10:00 AM R.I.P.P.E.D. Denise	22 6:00-7:00 PM ZUMBA® Heidi	23 5:30-6:20 AM FF BOOT CAMP Connie 9:00-10:00 AM CARDIO ENDURANCE Denise	24 6:00-7:00 PM SUSPENSION TRAINING Kevin	25 9:00-10:00 AM SUSPENSION TRAINING Kevin	26 8:00-8:50 AM BUTTS & GUTS Connie