



CLASS SCHEDULE

January 2016

1340 Montondon Ave (Lower Level - Studio B), Waunakee
(Downstairs from Blowin' Smoke BBQ)

www.monroerealtraining.com/classes/ —>Single Classes, Packages, & RSVP Available Online

Phone: 608-235-8258

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>NO CLASSES</i>	2 <i>NO CLASSES</i>
3	4 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	5 6:00-7:00 PM ZUMBA® Heidi	6 5:30-6:20 AM BUTTS & GUTS Connie 5:15-6:15 PM KIDS (AGES: 8-13) BOOT CAMP Connie	7 5:00-7:00 PM OPEN GYM Kevin	8 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin 8:00-9:00 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	9 8:00-10:00 AM FAMILY OPEN GYM & PLANK CHALLENGE Connie
10	11 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	12 6:00-7:00 PM ZUMBA® Heidi	13 5:30-6:20 AM BUTTS & GUTS Connie 5:15-6:15 PM KIDS (AGES: 8-13) BOOT CAMP Connie	14 5:00-7:00 PM OPEN GYM Kevin	15 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin 8:00-9:00 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	16 8:00-10:00 AM FAMILY OPEN GYM & MED BALL SLAM CHALLENGE Connie
17	18 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	19 6:00-7:00 PM ZUMBA® Heidi	20 5:30-6:20 AM BUTTS & GUTS Connie 5:15-6:15 PM KIDS (AGES: 8-13) BOOT CAMP Connie	21 5:00-7:00 PM OPEN GYM Kevin	22 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin 8:00-9:00 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	23 8:00-10:00 AM FAMILY OPEN GYM & ROPE CHALLENGE Connie
24	25 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	26 6:00-7:00 PM ZUMBA® Heidi	27 5:30-6:20 AM BUTTS & GUTS Connie 5:15-6:15 PM KIDS (AGES: 8-13) BOOT CAMP Connie	28 5:00-7:00 PM OPEN GYM Kevin	29 5:30-6:20 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin 8:00-9:00 AM FUNCTIONAL FITNESS (FF) BOOT CAMP Kevin	30 8:00-10:00 AM FAMILY OPEN GYM & CARDIO CHALLENGE Connie