

BODY BY DESIGN CLASS SCHEDULE

- EFFECTIVE 1/1/2022 -

MONDAY

5:30 AM PILOXING W/ JEN
9:00 AM CHISEL W/ JEN
5:15 PM TABATA W/ JILL
6:15 PM CHOREO CLUB W/ JEN

TUESDAY

5:30 AM CHISEL W/ JEN
9:00 AM LABLAST W/ JEN
5:15 PM ZUMBA W/ BRIT
6:15 PM CHISEL W/ JEN
7:30 PM POWER PILATES W/ JEN

WEDNESDAY

5:30 AM CARDIO FUSION W/ JEN
9:00 AM CHISEL W/ JEN
5:15 PM 4X4 W/ JILL
6:15 PM STRETCH MIX W/ JEN

THURSDAY

5:30 AM CHISEL W/ JEN
9:00 AM PILATES BOOTY BLD. REMIX W/ JEN
5:15 PM LABLAST W/ BRIT
6:15 PM CHISEL W/ JEN

FRIDAY

5:30 AM PILOXING W/ JEN
9:00 AM LEBARRE W/ JEN

SATURDAY

8:30 AM CARDIO FUSION W/ JEN
9:45 AM POWER PILATES W/ JEN

LOCATION

587 MAIN STREET
SUITE 112A
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