

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	10/30 10a Sprint Drills 545p Killer Core 630p RIPPED	10/31 4/ 545/ 630p Dumbbell complex 715p Yoga Flow	1 10a/ 545p /630p MetCon 3	2 4p Dirty 30 545p HIIT Max 630p ZUMBA	3	4 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
5	6 10a Tough it out 4:30/5:45p Killer Core 6:30p RIPPED	7 4P Sweat Equity 5:45/ 6:30 p Kettlebells 7:15 p Yoga Flow	8 10a HIIT Max 545p HIIT Max 6:30p PUNCH	9 4p Dirty 30 545p MetCon3 630 p Zumba	10	11 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
12	13 10a Dirty 30 4:30/5:45p Sprint Drills 6:30p RIPPED	14 4p Kettlebell Complex 5:45/ 6:30p MetCon3 7:15 p Yoga Flow	15 10a Kettlebell Complex 5:45p Yoga Booty 6:30p Tough it out	16 4p Dirty 30 5:45p Tough It Out 6:30p STRONG by Zumba \$15	17	18 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
19	20 10a 1000 Reps 4:30/5:45p Tough it out 6:30p RIPPED	21 4p Kettlebell Complex 5:45/ 630p 10/10/10 10 reps/ 10 rounds 7:15 p Yoga Flow	22 10a EGT Tabata 5:45p TABATA <u>6:30p TBD class</u>	23 The Circuit 60 10AM 	24	25 8a Total Body Tone 8:30a E.G.T. 9:30a RIPPED
26	27 10a Sprint Drills 4:30/5:45p Core Strength 6:30p RIPPED	28 545/ 6:30P HIIT MAX 715P Yoga Flow	29 10a Yoga Booty 545p Kettlebells 6:30p TRAPboxing	30 4p Dirty 30 545 DIRTY 30 630p TBD	12/1	12/2 8:30a E.G. T. 9:30a RIPPED

E.G.T. Elite Group Training format developed by J. Mixson. The goal is to sculpt and tone the body while reducing any undesired body fat. The work is tough & intense at time but fair "You can do this...Simple Stuff" The Jamey!