



Halifax Class Schedule as of Dec 15, 2022

Legend:	Boot Camp	Cardio	Yoga
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Boot Camp		Boot Camp		Boot Camp		
5:45 AM	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		
6:00 AM	Boot Camp, Cardio	Boot Camp	Boot Camp, Cardio	Boot Camp, Cardio	Boot Camp, Cardio		
6:30 AM	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		
6:45 AM	Boot Camp		Boot Camp		Boot Camp		
7:15 AM	Boot Camp	Boot Camp, Cardio	Boot Camp	Boot Camp	Boot Camp	Boot Camp	
8:00 AM						Boot Camp	Boot Camp, Cardio
8:45 AM						Cardio	Boot Camp
9:00 AM	Boot Camp	Boot Camp, Cardio	Boot Camp	Boot Camp, Cardio	Boot Camp		
9:30 AM						Boot Camp	
9:45 AM	Boot Camp		Boot Camp		Boot Camp		
10:00 AM							Yoga
10:15 AM		Baby		Baby	Baby	Boot Camp	Yoga
10:45 AM							Boot Camp
11:00 AM	Baby	Baby	Baby	Baby	Baby		
12:00 PM	Boot Camp	Boot Camp, Cardio	Boot Camp	Boot Camp, Cardio	Boot Camp	Yoga	
3:15 PM	Boot Camp		Boot Camp		Boot Camp		
4:00 PM	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		Boot Camp
4:45 PM	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		
5:00 PM		Cardio					Cardio
5:30 PM	Boot Camp	Boot Camp	Boot Camp, Cardio	Boot Camp	Boot Camp		
6:00 PM		Yoga		Yoga			
6:15 PM	Boot Camp	Boot Camp	Boot Camp	Boot Camp			
6:45 PM				Cardio			
7:00 PM			Yoga				
7:30 PM					Yoga		
8:00 PM	Boot Camp	Boot Camp	Boot Camp	Boot Camp			

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