

CLASS SCHEDULE EFFECTIVE 11/6/2017

SHREWSBURY (468 Broad St.)

SHREWS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	FB Strength (K)		UB Strength (M)				
7:30 AM		HIIT (A)		HIIT(A)			
8:00 AM						Animal Flow (M)	
9:30 AM		Animal Flow (A)		Animal Flow (M)			Hybrid (ALL)
10:30 AM							Hybrid (ALL)
12:00 PM	FB Strength (K)		UB Strength (M)				
6:30 PM							
6:45 PM	Barbell (K)		Barbell (JE)				

TINTON FALLS (776 Shrewsbury Ave.)

TIN FALLS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		HIIT (M)		HIIT (M)			
7:30 AM					FB Strength (K)		
8:00 AM	FB Strength (K)		UB Strength (M)			Kettlebells (A)	
9:30 AM	FB Strength (K)	HIIT (RJ)	UB Strength (M)	HIIT (RJ)	HIIT (K)	LB Strength (K)	
10:30 AM						HIIT (RJ)	
5:00 PM	FB Strength (M)	HIIT (RJ)	UB Strength(M)	HIIT (RJ)			
5:45 PM					Hybrid (J)		
6:00 PM	FB Strength (M)	HIIT (RJ)	UB Strength (M)	HIIT (RJ)			
3:00 - 6:00 PM	Athlete	Athlete		Athlete			