

All Out Fitness – Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 am						Step with Star	
10:00 am						Warrior Class	
11:15am						Spinning	Step with Star
11:30 am	Buns and Thighs	Summer Sixpack		Chest and Back			
12:00 pm					Cardio Explosion		
12:15pm						Kickboxing	
01:00 pm						RTK (Ropes/TRX/ Kettelbell)	
01:00 pm							
05:15 pm					Kettlebell Rush		
06:00 pm	Group Fitness with Star			Boot Camp			
06:30 pm	Total Body Circuit		Kickboxing				
06:45 pm				Kettlebell Boot Camp			