

MAD DOG 5/1

REVOLUTIONARY ★ FITNESS

FALL SCHEDULE

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM	SUNDAY AM
5:45 MadRounds KIRSTEN 8:45 Tabata Fierce 5/1 KARI 9:15 Bike RR Barre MADDOG	6:00 Max Burn MISSY 8:30 HHR Ryde 45 MADDOG 9:15 MadRounds CIARA 9:20-10:00 Butz&Gutz SARAH	5:45 Fierce 5/1 KARI 8:45 30X2 MADDOG 9:30 Box&Barre Bootie Camp CIARA	6:00 HRR45 MISSY 8:30 FireBarre 5/1 MADDOG 9:15 Tabata Ryde CIARA	5:45 TRX Circuit KARI 8:45 Fierce 5/1 MADDOG 9:15 20x3 CIARA	8:00 HRR to Core ROTATING TRAINERS 8:45 BFF ROTATING TRAINERS	9:00 RutBuster RX ROTATING TRAINERS
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM	SUNDAY PM
5:15 MaxCircuit KRISTI & MISSY 5:45 Bike RR Barre JAMI	5:15 Box&Barre Bootie Camp MADDOG 5:30 HRR40+ Butz&Gutz KRISTI	5:15 Fierce 5/1 MISSY 5:30 TRX 5/1 KRISTI	5:15 Firebarre 5/1 KARI 5:30 Maddog Medley KRISTEN 6:30 Hot 60 BRITT			5:00 Hot 60 BRITT