

ALPHA FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 AM ALPHA BOOTCAMP W/ SAM 60 MIN.	9:00 AM SPIN & ABS W/ LORRAINE 60 MIN.
					9:30 AM ZUMBA W/ CESAR 60 MIN.	
12:10 PM HIIT W/ SARA 40 MIN.	12:10 PM KICKBOXING W/ STEFF 40 MIN.		12:10 PM BOXING BOOTCAMP W/ JEN 40 MIN.			
4:30 PM DANCE BOOTCAMP W/ SAM 45 MIN.	4:30 PM STEP INTERVAL W/ LORRAINE 60 MIN.	4:30 PM STEP INTERVAL W/ SHARON 45 MIN.	4:30 PM POWER 45 W/ JEN 45 MIN.	4:30 PM SPIN & STRENGTH W/ LORRAINE 60 MIN.		
5:30 PM BARBELL STRENGTH W/ LORRAINE 60 MIN.	5:30 PM EXPRESS SCULPT W/ LORRAINE 30 MIN.	5:30 PM KICKBOXING W/ STEFF 45 MIN.	5:30 PM TABATA W/ LINDSAY 60 MIN.			
		6:30 PM STRETCH & CORE W/ DONNA 45 MIN.	6:30 PM SPIN W/ DONNA 60 MIN.			

NEWTON, NJ