

BJJ FACTORY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 AM	CYCLING			PILATES			
8:00-9:00 AM						BOOTCAMP	
9:00-10:00 AM	TRAMPOLINE <i>ladies only</i>	PILATES <i>ladies only</i>	BRAZILIAN BUTT <i>ladies only</i>		CYCLING <i>ladies only</i>		
10:00-11:00 AM		BELLY DANCE <i>ladies only</i>		BELLY DANCE <i>ladies only</i>		ZUMBA KIDS	
5:00- 6:00 PM		ZUMBA KIDS					
6:00- 7:00 PM	BRAZILIAN BUTT <i>ladies only</i>	BODY TONING <i>ladies only</i>	TRAMPOLINE <i>ladies only</i>	BODY TONING <i>ladies only</i>	PILATES		
7:00-800 PM	POUND <i>ladies only</i>	PILATES	POUND <i>ladies only</i>	CYCLING			
8:00-900 PM	BELLY DANCE <i>ladies only</i>	CYCLING		BOOTCAMP			