



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	RowSculpt *Jackie*	HIIT Total Body *Jen A*	RowBody *Jackie*	CRUSH Camp *Jen A*	CrushRow Combo *Jackie*		
5:45 AM	CRUSH Camp *Jackie*	CRUSH Step *Jackie*	CrushFIT *Jackie*	CRUSH Fight *Jackie*	CrushRow Combo *Jackie*		
7:30 AM						CRUSH Camp *Jackie* 7:15	
8:00 AM							YOGA *Nina*
8:30 AM						Row Circuit *Jackie* 8:25	
8:45 AM	CrushRow combo *Jackie*	CrushRow Combo *Lisa*		CrushFit *Jackie*	CRUSH Camp *Lisa*	Row Circuit *Jackie* 9:15	CrushRow combo *Nina* 9:10
9:30 AM	CRUSH Step+core *Jackie*	SHRED *Lisa* 9:25	Lite & Loaded. *Jen S* 9:15	CRUSH Jam *Jackie* 9:25	CRUSH Fight *Jackie*		
10:30 AM		SeniorFIT *Lisa*		SeniorFIT *Lisa*			
4:30 PM	CrushRow Combo *Chloe*	CrushFIT *Jackie*	RowSculpt *Jackie*	Core & More *Rebekah*			
5:30 PM	CRUSH Camp *Jackie*	Tabata Total Body *Rebekah*	CrushRow combo *Jackie*	CRUSH Camp *Jackie*			
5:45 PM							
6:30 PM		POUND *Amber*	YOGA *Amy* 6:15				

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