AUGUST SCHEDULE



PAIN-FREE MOVEMENT & PERFORMANCE "Move better, feel better, live better."

CLASS SCHEDULE CONTACT US TO BOOK YOUR FIRST CLASS FREE

Sunday Monday Tuesdav Wednesday Thursday **Friday** Saturday 5:00am Early 5:00am Early 5:00am Early 6:00am 6:00am **Bird Burn Bird Burn Bird Burn** Strength & Strength & 6:00am Making Mobility Mobility 6:00am 6:00am Muscles **BBI Class** Strength & **MasterClass** 9:00am 9:00am 8:00am **Mobility** Active OGs **Active OGs** 3:30pm Youth HIIT 3:30pm Youth 8:00am Strenath 9:00am Strength 10:00am 10:00am Training Sunday Sculpt 9:00am Active OGs Training HIIT HIIT **Circuit Class** 5:30pm HIIT 5:30pm HIIT 10:00am 6:00pm 6:00pm HIIT Making 6:30pm Making 6:30pm Muscles Strength & **Muscles** Strength & 6:00pm **BOOK HERE MasterClass** Mobility MasterClass Mobility **BBL Class** 7:00pm **BBL** Class