



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR CLASS SCHEDULE

Effective September 1, 2020

MONDAYS

7:45-8:35am R.I.P.P.E.D.® (Donielle)
4:30-5:15pm Kettlebell AMPD® (Tanya)

TUESDAYS

5:15-6:05am R.I.P.P.E.D.® (Jenny)
5:30-6:15am Sunrise Yoga Stretch (Cindy/Lindy)
9:00-9:45am Dance Fitness (Danielle)
5:15-6:10pm R.I.P.P.E.D.® (Tanya)

WEDNESDAYS

6:00-6:45am Bootcamp (Jenny)
10:00-10:30am AOA Walking Club (Lorenzo)

THURSDAYS

5:30-6:15am Sunrise Yoga Stretch (Cindy/Lindy)
6:00-6:45am Bootcamp (Jenny)
7:45-8:35am R.I.P.P.E.D.® (Donielle)
4:30-5:10pm POUND® (Carrie) **please bring a mat*
5:15-5:45pm INSANITY® (Eddie)
5:50-6:20pm R.I.P.P.E.D. RUMBLE® (Eddie)

FRIDAYS

5:10-6:10am R.I.P.P.E.D. RUMBLE® (Jenny)
12:05-12:50pm R.E.D. Bootcamp (Candy)

SATURDAYS

ALL 8:00AM CLASSES -
SEE GROUP EX SCHEDULE

Remember
your
water
bottle!