

# NORTH SCOTTSDALE SCHEDULE



MONDAY FULL BODY	TUESDAY HIIT	WEDNESDAY UPPER BODY	THURSDAY LOWER BODY	FRIDAY CORE POWER	SATURDAY WEEKEND WARRIOR	SUNDAY INJURY PREVENTION
5:20 AM	5:20 AM	5:20 AM	5:20 AM	5:20 AM		
6:10 AM	6:10 AM	6:10 AM	6:10 AM	6:10 AM		
7:30 AM	7:30 AM	7:30 AM	7:30 AM	7:30 AM	7:40 AM	
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	
9:20 AM	9:20 AM	9:20 AM	9:20 AM	9:20 AM	9:20 AM	9:20 AM
	YOGA 10:15 AM		BOOTY CLASS 10:15 AM		KIDS CLASS 10:15 AM	10:10 AM
12:15 PM	12:15 PM	12:15 PM	12:15 PM	12:15 PM		
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM		
5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM		
		YOGA 6:15 PM				