



*Boutique Fitness + Wellness Studio*

## CLASS SCHEDULE *December*

### MONDAY

**KETTLEBELLS & TRX**

5:30 - 6:30am Alexis

**KETTLEBELLS & TRX**

9:15 - 10:15am Alexis

**KETTLEBELLS & TRX**

5:30 - 6:30pm Alexis

### TUESDAY

**KETTLEBELLS & TRX**

5:30 - 6:30am Alexis

**KETTLEBELLS & TRX**

10:30 - 11:30am Alexis

**KETTLEBELLS & TRX**

5:30 - 6:30pm Audrey

### WEDNESDAY

**KETTLEBELLS & TRX**

5:30 - 6:30am Alexis

**TRX & SCULPT**

9:15 - 10:15am Alexis

**KETTLEBELLS & TRX**  
**WEST COAST WEDNESDAY**

5:30 - 6:30pm Alexis

### THURSDAY

**KETTLEBELLS & TRX**

5:30 - 6:30am Alexis

**KETTLEBELLS & TRX**

10:30 - 11:30am Alexis

**KETTLEBELLS & TRX**

5:30 - 6:30pm Audrey

**YOGA FOR MEN**

6:45 - 7:45pm Christian

### FRIDAY

**KETTLEBELLS & TRX**

**BAD BEATS & BELLS**

5:30 - 6:30am Alexis

**KETTLEBELLS & TRX**

9:15 - 10:15am Alexis

**RESTORATIVE YOGA**

5:30 - 6:30pm Christian

### SATURDAY

**KETTLEBELLS & TRX**

9:30 - 10:30am Alexis

**STRETCH & MEDITATION**

11:00 - 12:00pm Alexis

*All Levels Welcome!*

CLASS TYPE:



KETTLEBELL & TRX



YOGA



STRETCH & MEDITATION



TRX & SCULPT

559-492-3500

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