



Winter 2019

January 1st through March 30th

Group Training and Group Exercise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:15-6:15am Group Training: Strong for Life with Tucker ----- 8:00-8:30am Group Training: Fat Burning Circuit with Lisa	5:30-6:00am Group Training: Fat Burn Circuit with Kaija ----- 8:00-8:45am Group Training: Strength Fusion with Lisa	5:15-6:15am Group Training: Strong for Life with Tucker ----- 8:00-8:30am Group Training: Tread & Shred with Lisa	8:15-9:00am Body Works Sculpt with Lisa	8:00-8:30 Group Training: Boot Camp with Molly
	9:00-9:45am HIIT with Lisa	9:00-9:45am Barre with Lisa 4:15-4:45pm Group Training: Fat Burn Circuit with Lisa	9:00-10am Yoga Flow with Bridget 4:00-4:45 Group Training: Strength Fusion with Lisa	9:00-9:45am Cycle & Strength with Lisa 4:15-4:45pm Group Training: Tread and Shred with Alicia	9:15-10am Yoga Flow with Bridget	8:45-9:30am Cycle & Strength with Molly 9:45-10:45am Yoga Sculpt with Molly
	6:00-6:50pm Yoga Sculpt with Michelle	5:30-6:00pm Group Training: Fat Burn Circuit with Lisa 6:00-6:30pm Cycling with Molly	5:30-6:00pm HIIT with Molly 6:00-6:30 Group Training: Bootcamp with Molly	5:30-6:00pm TRX Combo with Jessica 6:00-6:30pm Group Training: Tread & Shred with Alicia		
		6:30-7:00pm Sculpt Express with Lisa	6:30-7:15pm Abs and Yoga with Molly			

Stay up to date and REGISTER for classes at www.bodyworksprescott.com or www.facebook.com/bodyworksprescott.