



HB FITNESS

September/October 2016 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	HB HIIT	Ladders, Cones, & Drills	HB HIIT	Torched (30 minutes)	HB HIIT		
6:00am	C2 (Cardio & Core)		C2 (Cardio & Core)				
6:05am				TRX (30 minutes)			
6:30am	HB HIIT	TRX	HB HIIT		HB HIIT		
6:35am							
7:30am						Torched (30 minutes)	
8:05am						HB Melt	
9:15am		Torched (30 minutes)					
9:45am	HB HIIT		HB HIIT	Core Plus	HB HIIT		
7:00pm	HB Melt	HB HIIT		HB HIIT			

HB EDGE studio

Main studio