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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 5:30am | **HIIT IT Hard –**  Jodi |  | **HIIT IT Hard –** Kathy |  | **HIIT IT Hard -** Sandy |  |  |
| 6am | **Cardio Kickbox -** Shanen | **RIPPED -** Kelly | **Fit Happens -** Tonya | **Pure Strength -** Amanda | **Barre Fit -** Sandy |  |  |
|  8am |  |  |  |  |  | **bodyXtreme –** La’Var or Kori Alternating |  |
| 8:30am | **Barre Fit -** Shanen | **Pure Strength** - Shanen |  |  | **Strong -** Stacy |  |  |
| 9am |  |  | **TRX Burn** – Kourtney |  |  | **Anything Goes –** Variety of instructors |  |
| 9:30am | **Body Burn -** Kori | **Cardio Sculpt -** Amy | **RIPPED -** Kori | **Cardio Kickbox -** Shanen | **Pure Strength -** Shanen |  |  |
| 10am |  |  |  |  |  |  |  |
| 5pm |  |  |  |  | **Pure Strength –** Kori |  |  |
| 5:30pm | **Pure Strength**  - Kori | **Bodyblast 30** - Kori | **Strong** - Stacy | **TRX Burn** - Kourtney |  |  |  |
| 5:45pm |  |  | **5:45 HIIT IT Hard** - Shanen |  |  |  |  |
| 6pm |  | **RIPPED -** Tonya |  | **Cardio Kickbox –** Kelly**Transform –** Shanen Yoga Room |  |  |  |
| 6:30pm | **Step It Up -** Kelly |  | **POUND –** Shanen |  |  |  |  |
| 7pm |  | **Barre Fit** - Traci |  | **Zumba –** Traci |  |  |  |

**INNER STRENGTH FITNESS STUDIO** Effective 3/1/19 (Schedule subject to change without notice)

**INNER STRENGTH YOGA BETHLEHEM** on separate schedule

2485 Willow Park Rd Bethlehem, PA 610-419-6133 [www.innerstrengthfitnessstudio.com](http://www.innerstrengthfitnessstudio.com)