

..... **WELL** **FIT**

SUNDAY

**WellFit Master Class, Meal Prep,
& Nutrition**

MONDAY

**Full Body HIIT 7am EDT
Lower Body HIIT 7pm EDT**

TUESDAY

**Upper Body HIIT 7am EDT
Work-Hard Burn-Hard 7pm EDT**

WEDNESDAY

**Strong Nation 7:30am EDT
Pilates 8am EDT
Build & Burn 6:30pm EDT
Pilates 7pm EDT**

THURSDAY

**Butts & Gutts 7am EDT
Full Body HIIT 7pm EDT**

FRIDAY

**Build & Burn 7am EDT
Dance Fusion 7pm EDT**

SATURDAY

**Yoga, Mindfulness,
& Meditation 10am EDT**