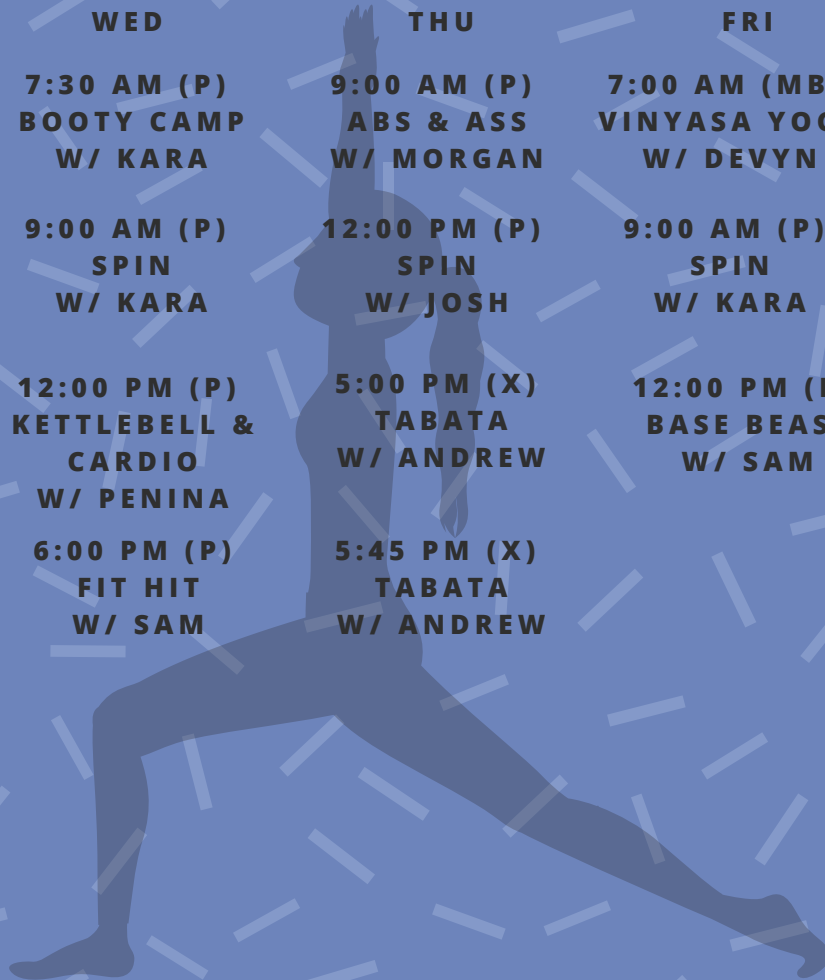


# CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:15 AM (X) LONG & LEAN W/ MORGAN	6:15 AM (X) BOOTY CAMP W/ KARA	7:30 AM (P) BOOTY CAMP W/ KARA	9:00 AM (P) ABS & ASS W/ MORGAN	7:00 AM (MB) VINYASA YOGA W/ DEVYN	8:00 AM (P) SPIN W/ KEVIN	9:00 AM (X) ASS & ABS W/ ODRIS
7:00 AM (X) LONG & LEAN W/ MORGAN	7:00 AM (X) BOOTY CAMP W/ KARA	9:00 AM (P) SPIN W/ KARA	12:00 PM (P) SPIN W/ JOSH	9:00 AM (P) SPIN W/ KARA	9:00 AM (P) SPIN W/ KEVIN	9:45 AM (X) ASS & ABS W/ ODRIS
9:00 AM (P) SPIN W/ JOSH	8:00 AM (P) SUPER SCULPT W/ SUSAN	12:00 PM (P) KETTLEBELL & CARDIO W/ PENINA	5:00 PM (X) TABATA W/ ANDREW	12:00 PM (P) BASE BEAST W/ SAM	10:15 AM (P) BASECAMP W/ JAMES	10:00 AM (P) FIT HIT W/ SAM
12:00 PM (P) BURN W/ KARA	12:00 PM (P) SPIN W/ KARA	6:00 PM (P) FIT HIT W/ SAM	5:45 PM (X) TABATA W/ ANDREW		10:30 AM (MB) VINYASA YOGA W/ MAUREEN	11:00 AM (P) FIT HIT W/ SAM
6:00 PM (P) BASE BEAST W/ SAM	6:00 PM (P) MINDFUL STRENGTH W/ CAIT				11:15 AM (P) BASECAMP W/ JAMES	
	7:00 PM (MB) VINYASA YOGA W/ TROY					



ALL CLASSES REQUIRE SIGN-UP  
X - STUDIO X (INSIDE)  
P - PATIO (OUTSIDE)

MB - MIND & BODY STUDIO (INSIDE)

QUESTIONS: [KARA@BASENJ.COM](mailto:kara@basenj.com)

DURATION OF CLASSES:  
INDOOR CLASSES 35 MIN  
OUTDOOR CLASSES 45 MIN  
ALL YOGA 60 MIN

**ASS & ABS:**

**BOOTY AND CORE-** A SERIES OF EXERCISES INCLUDING LUNGES, SQUATS AND PLYOMETRIC MOVEMENTS. USE OF BODYWEIGHT AND RESISTANCE BANDS TO GET YOU TIGHT AND TONED. ALL LEVELS WELCOME.

**BASE BEAST:**

WITH A MIX OF WEIGHT, KETTLEBELL, AND BODYWEIGHT TRAINING, BASE BEAST USES CLASSIC SUPERSETS DONE AT HIGH INTENSITY TO DRIVE RESULTS FOR MUSCLE GAIN, FAT LOSS AND INCREASED CARDIOVASCULAR EFFICIENCY.

**BOOTY CAMP:**

THIS IS AN ASS KICKING WORKOUT TO WHIP THE BOOTY INTO SHAPE. WITH A MIX OF CARDIO, STRENGTH AND TONING. THERE IS A SMALL FOCUS ON ABS AND ARMS TOO!

**BURN:**

NO MUSCLE LEFT BEHIND! HIIT, TABATA, STRENGTH, CARDIO AND & AMRAP-CIRCUIT TRAINING. COME READY TO GET STRONGER AND SCULPT ALL MUSCLE GROUPS.

**FIT HIIT:**

HIGH INTENSITY WORKOUT TO GET YOUR HEART PUMPING THROUGH THE USE OF BODY WEIGHT, FREE WEIGHTS, BANDS, AND STEPS, NO MUSCLE LEFT UNTOUCHED. BE PREPARED TO SWEAT AND HAVE FUN!

**KETTLEBELL & CARDIO:**

INTENSE FULL BODY WORKOUT WITH USE OF KETTLEBELLS, FREE WEIGHTS AND BODYWEIGHT.

**MINDFUL STRENGTH:**

DEEPENS MIND-MUSCLE CONNECTION. IMPROVES STRENGTH, BALANCE, CORE CONTROL AND MENTAL FITNESS. THIS IS A FULL BODY WORKOUT WITH A DYNAMIC WARMUP- 4 STRENGTH SUPER SETS AND A RELAXING STRETCH.

**LONG AND LEAN:**

STRENGTHEN, LENGTHEN AND TONE! JOIN US FOR THIS LOW-IMPACT WORKOUT WITH BODY WEIGHT, FREE WEIGHTS, BANDS, AND BALLS FOR THE ULTIMATE SCULPTING EXPERIENCE. ALL LEVELS WELCOME.

**SPIN:**

A GREAT CARDIO WORKOUT DONE ON A SPECIALIZED STATIONARY BIKE. OUR CERTIFIED INSTRUCTORS WILL MOTIVATE YOU, THE MUSIC WILL DRIVE YOU, AND THE WHOLE EXPERIENCE WILL KEEP YOU COMING BACK FOR MORE.

**TABATA:**

A HIGH-INTENSITY INTERVAL TRAINING THAT CONSISTS OF EIGHT SETS OF FAST-PACED EXERCISES EACH PERFORMED FOR 20 SECONDS FOLLOWED WITH A BRIEF REST OF 10 SECONDS. DESIGNED TO GET YOUR HEART RATE UP AND CHALLENGE YOU. LEARN TO WORK HARD, AND EARN YOUR REST!

**SUPER SCULPT:**

GET READY TO WORK, SWEAT, AND BURN CALORIES. USING YOUR UPPER AND LOWER BODY TO CHANGE AND CHALLENGE HOW YOU WORK OUT. THIS CLASS PROVIDES ALL ELEMENTS YOU NEED FOR TOTAL BODY TONING.

**VINYASA YOGA:**

A CHALLENGING, VIGOROUS PRACTICE, FOCUSING ON SYNCHRONIZATION OF BREATH WITH CONTINUOUS FLOW OF MOVEMENT. BUILDS HEAT, ENDURANCE, FLEXIBILITY, STRENGTH AND MENTAL FOCUS, INCORPORATING UPLIFTING MUSIC. ALL LEVELS.