

# 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 (P) 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		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			10:30 AM (X) VINYASA YOGA W/ MAUREEN	
6:00 PM (P) BASE BEAST W/ SAM	6:00 PM (P) MINDFUL STRENGTH W/ CAIT	6:30 PM (X) TABATA W/ ANDREW				
	7:00 PM (P) VINYASA YOGA W/ TROY	7:15 PM (X) TABATA W/ ANDREW				



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

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

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