

# Brigades 2023 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5 AM	ReVamp Strength & Endurance w/ Shianne	Cardio Blast w/ Jaynee	ReVamp Strength & Endurance w/ Kiley	Full Body Circuit Training w/ Tandi	ReVamp Strength & Endurance w/ Aimee
5 AM	Cycle w/ Lisa		Bike & Bootcamp w/ Tandi	Cycle w/ Lisa	Yoga w/ Lisa
8:30 AM	ReVamp Strength & Endurance w/ Shianne	ReVamp Strength & Endurance w/ Shianne	ReVamp Strength & Endurance w/ Aimee	ReVamp Cardio & Endurance w/ Britni	ReVamp Strength & Endurance w/ Aimee
8:30 AM	Cycle Express w/ Britni		Barre w/ Britni		
9:15 AM	Barre w/ Jaynee			Yoga w/ Amber	
10:30 AM	Senior Fitness		Senior Fitness		
5:15 PM	ReVamp Strength & Endurance w/ Aimee	ReVamp Strength & Endurance w/ Andrea	ReVamp Strength & Endurance w/ Andrea	ReVamp Strength & Endurance w/ Andrea	