

# CLASSES 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30AM	<b>Bootcamp</b> Gina		<b>Buns and Guns</b> Gina		
9:30AM	<b>Full Body Workout</b> Gina		<b>Bootcamp</b> Gina		
12PM	<b>Buns and Guns</b> Gina	<b>Core Camp**</b> Vincine	<b>Bootcamp</b> Gina	<b>TRX Core Blast</b> Gina	
5:30PM	<b>Core Camp**</b> Vincine	<b>Bootcamp</b> Gina	<b>Full Body Workout</b> Vincine	<b>Buns and Guns</b> Gina	
6:30PM					



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 (914) 694-4841 info@thearena.fit

\*Classes are 45 minutes  
 \*\*Core Camps are 30 min

**We are happy to create new classes if  
 you have at least 3 people**