

MAY

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						1 7PM	* BUTTZ,GUTZ,HIIT	2 7AM *NEW CLASS* 6.15PM 7PM	FUNCTIONALFIT	4 8AM 8.45AM		TOUR DE MAX MAXABBADABBAS	
5 9.30AM	MAXSWEATMASTER	6 6PM 7PM	MAXOUTDOOR MAXBOOTY	7 5.30am 6.15PM	MAXSWEATMASTER MAXKNOCKOUT	8 7PM	BUTTZ,GUTZ,HIIT	9 7AM 6.15PM 7PM	MAXBUTTZANDGUTZ FUNCTIONALFIT MAXKNOCKOUT	10 6AM	MAXKNOCKOUT	11 8AM 8.45AM	TOUR DE MAX MAXABBADABBAS
12 9.30AM	MAXSWEATMASTER	13 6PM 7PM	MAXOUTDOOR MAXBOOTY	14 5.30AM 6.15PM	MAXSWEATMASTER MAXKNOCKOUT	15 7PM	BUTTZ,GUTZ,HIIT	16 7AM 6.15PM 7PM	MAXBUTTZANDGUTZ FUNCTIONALFIT MAXKNOCKOUT	17 6AM	MAXKNOCKOUT	18 8AM 8.45AM	TOUR DE MAX MAXABBADABBAS
19 9.30AM	MAXSWEATMASTER	20 6PM 7PM	MAXOUTDOOR MAXBOOTY	21 5.30AM 6.15PM	MAXSWEATMASTER MAXKNOCKOUT	22 7PM	BUTTZ,GUTZ,HIIT	23 7AM 6.15PM 7PM	MAXBUTTZANDGUTZ FUNCTIONALFIT MAXKNOCKOUT	24 6AM	MAXKNOCKOUT	25 8AM 8.45AM	TOUR DE MAX MAXABBADABBAS
26 9.30AM	MAXSWEATMASTER	27 6PM 7PM	MAXOUTDOOR MAXBOOTY	28 5.30AM 6.15PM	MAXSWEATMASTER MAXKNOCKOUT	29 7PM	BUTTZ,GUTZ,HIIT	30 7AM 6.15PM 7PM	MAXBUTTZANDGUTZ FUNCTIONALFIT MAXKNOCKOUT	31 6AM	MAXKNOCKOUT		
CLASS	LENGTH	DESCRIPTION											
MAXSWEATMASTER	45min	15min of intervals on spin bikes followed by 15min of; anaerobic cardio, weight training, core work and finished off with 15min on bike. Burns mega calories.											
TOUR DE MAX	45min	A complete cycling and conditioning class. A mix of sprints, hill climbs and interval work that resembles le tour.											
MAXABBADABBAS	30min	Core class designed to improve both the functionality of the trunk and the aesthetics we all desire.											
MAXBOOTY	30min	Intensive 30min class with focus on strengthening and hardening your glutes and legs.											
MAXKNOCKOUT	45min	Improving boxing technique through drills and pad work. This class improves core strength, cardio fitness, agility and speed. Suitable to all fitness levels.											
MAXOUTDOORS	45min	Daily dose of vitamin D, with intense cardio training. Predominately on grass for low impact.											
MAXBUTTZANDGUTZ	45min	A strengthening and hardening of glutes and legs combined with core strength training											
BUTTZ,GUTZ,HIIT	45min	15mins of glute and leg conditioning, 15mins of trunk/core conditioning, 15mins of HIIT cardio. A complete body conditioning session											
FUNCTIONALFIT- (NEW CLASS)	45mins	The perfect class to improve mobility and joint health and feel loose and limber.											