

# **THE CORNER BOOTCAMP**

## **CLASS SCHEDULE**

### **MONDAYS & WEDNESDAYS**

\*6:30AM BURN CLASS WITH JESS  
8:00AM HEAT CLASS WITH KRISTEN/HENRY  
9:00AM HEAT CLASS WITH KRISTEN/HENRY  
5:30PM BURN CLASS WITH JOHN

### **FRIDAYS**

\*6:30AM BURN CLASS WITH JESS  
8:00AM HEAT CLASS WITH KRISTEN  
9:00AM HEAT CLASS WITH KRISTEN

### **TUESDAYS & THURSDAYS**

\*6:30AM BURN CLASS WITH MICHELLE  
8:00AM BURN CLASS WITH JESS  
4:45PM BURN CLASS WITH JESS

### **SATURDAYS**

\*8:30AM ABS CLASS WITH KRISTEN  
9:00AM HEAT CLASS WITH KRISTEN

**\*= 30 MINS. THE REST OF THE CLASSES ARE HOUR-LONG**

**BURN- FAST PACED CARDIO CONDITIONING WITH BURN EFFECT**

**HEAT- HIGH ENDURANCE ATHLETIC & WEIGHT TRAINING**

**PLEASE JOIN OUR FACEBOOK GROUP, "THE CORNER BOOTCAMP" FOR ALL UPDATES!**

