

THE **STUDIO** TRAINING CENTER

CLASS SCHEDULE

MON	6:00 AM BOOTCAMP LISA	9:30 AM BOOTCAMP LISA	6:00 PM BOOTCAMP KAILEA	6:00 PM BEGINNERS BOOTCAMP MOLLY		
TUES	9:00 AM BOOTCAMP SHAYNE	6:00 PM BOOTCAMP KAILEA	6:00 PM BEGINNERS BOOTCAMP SAVANNA			
WEDS	6:00 AM BOOTCAMP LISA	9:30 AM BOOTCAMP LISA	6:00 PM BOOTCAMP SAVANNA	6:00 PM BEGINNERS BOOTCAMP MOLLY		
THUR	9:00 AM BOOTCAMP SHAYNE	6:00 PM BOOTCAMP KAILEA	6:00 PM BEGINNERS BOOTCAMP MOLLY			
FRI	6:00 AM BOOTCAMP LISA	9:30 AM BOOTCAMP LISA				
SAT						

All classes are designed to work with all fitness levels. Exercises can be modified or adjusted to accommodate.

DAYCARE

1 Class: \$10

10 Class Punchcard: \$70

Unlimited Month: \$85

Please sign up with the MindBody app



165 N 2ND E ST 208.680.9785