



CHRONOS
BODY | HEALTH | WELLNESS



Chronos_Empower

Temporary Schedule

! YOU MUST RESERVE YOUR SPOT DUE TO LIMITED NUMBERS !

Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am						
8:00am		EMPower (John)		EMPower (John)	EMP Kickboxing (Alex) ★	Weekend Warrior (Ann)
					Functional Stretching (Alex) ★	Stretch it Out (Ann)
10:00am						EMPower (John)
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12:00pm		Full Body Circuit (Rotating)	Spin Express (Michelle)	Full Body Circuit (John)		
12:30pm	Yoga 30min (Danielle)					
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5:00pm				Barre (Iryna)		
5:15pm	Zumba (Natalya)		Burning' & Firming' (Kayla)			
5:30pm	Spin 'N' Abs (Ann)	Spin N HIIT (Ann) Barre (Iryna)		T.R.X (Ann)	Spin 'N' Pump (Misty)	
6:00pm	EMPower (Kyron)		EMPower (John)			
6:15pm		EMP Kickboxing (Alex) ★	DanceFIT Pro (Iryna)	EMP Kickboxing (Alex)		
				Butts and Guts (Angele)		
6:30pm	Killer Cardio (Angele)	BodyShox (Kyron)				
KEY		30 MIN	45 MIN	BOXING	★ NEW CLASS	