

QUEENAX SCHEDULE

START DATE: 9/1/21



| TIME | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------|-----|--|--|--|--|---|-----|
| AM | | Queenax Circuit Mike 5:15 AM - 6:00 AM | Suspension & Stability Pop Up Sessions as Available Cyndi 8:45 AM - 9:30 AM | Queenax Circuit Mike 5:15 AM - 6:00 AM | | | |
| | | | Tabata: Crossfit Deisy 8:45 AM - 9:30 AM | | | Queenax Barre Starts 9/18 Lee Ann 9:15 AM - 10:00 AM | |
| PM | | Free Style Step Leah 6:30PM - 7:15 PM | | | TRX: Cardio Kickboxing Candice 6:00 PM - 7:00 PM | | |