

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 INTRO	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	HIIT 15 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
2 HIIT-1	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	HIIT 20 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	HIIT 15 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM
3 HIIT-1	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	HIIT 25 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	HIIT 15 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM
4 HIIT-1	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	HIIT 20 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	HIIT 20 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM TRACK YOUR RESULTS

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5 CARDIO	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 30 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 45 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
6 CARDIO	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 30 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 45 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
7 CARDIO	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 30 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	FIRE 45 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
8 RECOVERY	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM TRACK YOUR RESULTS

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9 HIIT-2	HIIT 15 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	HIIT 15 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM TRACK YOUR RESULTS
10 HIIT-2	HIIT 20 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	HIIT 20 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM
11 HIIT-2	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	HIIT 25 CLASS + TONE 30 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM
12 RECOVERY	Rest	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	STRECH 40 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	STRECH 40 CLASS ___ : ___ AM/PM	Rest TRACK YOUR RESULTS

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 ADVANCED CARDIO	FIRE 60 CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + LOWER 20 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
14 ADVANCED CARDIO	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + LOWER 20 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
15 ADVANCED CARDIO	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + LOWER 20 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
16 RECOVERY	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM TRACK YOUR RESULTS

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17 HIIT-3	HIIT 15 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ___ : ___ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM
18 HIIT-3	HIIT 25 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ___ : ___ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM
19 HIIT-3	HIIT 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ___ : ___ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 30 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ___ : ___ AM/PM
20 RECOVERY	Rest	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	Rest TRACK YOUR RESULTS