



ConqHER Fitness
EMPOWERING WOMEN

Class Schedule

Facility Hours: Monday-Friday: 5am-9pm Saturday: 7am-7pm Sunday: 11am-7pm

ConqHER Fitness will add classes upon demand and growth.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Beginner Bootcamp Nikki	Core Pilates Kristi	Beginner Bootcamp Nikki	Kickboxing Kristi	Beginner Bootcamp Nikki	
5:30 AM	LesMills RPM Nikki	Empower Burn Kristi	LesMills RPM Nikki	Core Pilates Kristi	LesMills RPM Nikki	6:00AM ReadySet Run Hannah (Located @ DonFox Park)
6:30 AM	Beginner Bootcamp Nikki	Kickboxing Kristi	Beginner Bootcamp Nikki	Kickboxing Kristi	Beginner Bootcamp Nikki	
7:00 AM		Barre Kristi		Empower Burn Kristi		Zumba Carla
8:00 AM						Glutes & Abs Mackenzie
9:00 AM	Body Bands Taylor		Body Bands Taylor		Body Bands Taylor	Beginner Bootcamp Mackenzie
12:00 PM	ReadySet Rush Nikki	ReadySet Rush Nikki	ReadySet Rush Taylor	ReadySet Rush Taylor	ReadySet Rush Taylor	
4:45 PM	Beginner Bootcamp Maggie	Body Bands Taylor	Barre Kristi	Body Bands Taylor		
5:30 PM	Glutes & Abs Maggie	Glute & Abs Desiree	Empower Burn Kristi	Glute & Abs Desiree		
6:00 PM		Body Bands Taylor		Body Bands Taylor	Zumba Carla	
6:30 PM	Beginner Bootcamp Maggie		Glow Dance Kristi	ReadySet Rush Taylor		
7:00 PM	ZUMBA Lori	Zumba Carla	Core Pilates Kristi	ZUMBA Lori		