



# CHERRY CREEK CAGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:15-9:00 <b>Killer Core Challenge</b> Tyler		8:15-9:00 <b>Killer Core Challenge</b> Tyler			
9:30-10:30 <b>CXWORX™/ COMBAT</b> Geraldine	9:00-10:00 <b>Jump &amp; Pump</b> Tyler	9:30-10:30 <b>BODYCOMBAT™</b> Ali	9:00-10:00 <b>Jump &amp; Pump</b> Tyler	9:00-10:00 <b>Fierce Friday</b> Ben		
11:15-12:00 <b>Power House Pilates</b> Devon			11:00-11:55 <b>*Aerial Yoga Basics</b> Sarah		11:00-11:55 <b>*Aerial Yoga Basics</b> Sarah	
	5:00-5:45 <b>TRX</b> Nicholas					

\* Small Group Training: Drop-in and Packages Rates Available.