

Class Schedule (20 Weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Fire 30 Stretch 10	Hiit 15 Stretch 10	Fire 30 Stretch 10	Fire 55	Fire 30 Stretch 10	Core 20 Stretch 40	REST
Week 2	Fire 45 Stretch 10	Hiit 20 Stretch 10	Hiit 15 Sculpt 30	Fire 55	Core 20 Stretch 40	Fire 45 Stretch 10	REST
Week 3	Fire 40 Stretch 10	Hiit 25 Stretch 10	Hiit 15 Tone 30	Fire 40 Stretch 10	Core 20 Stretch 40	Fire 55	REST
Week 4	Fire 45 Stretch 10	Hiit 20 Stretch 10	Hiit 20 Sculpt 30	Fire 55	Core 20 Stretch 40	Fire 45 Stretch 10	REST
Week 5	Fire 55	Fire 30 Sculpt 30	Fire 30 Tone 30	Fire 55	Fire 45	Core 20 Stretch 40	REST
Week 6	Fire 55	Fire 30 Sculpt 30	Fire 30 Tone 30	Fire 55	Fire 45	Core 20 Stretch 40	REST
Week 7	Fire 55	Fire 30 Sculpt 30	Fire 30 Tone 30	Fire 55	Fire 45	Core 20 Stretch 40	REST
Week 8	Fire 40 Stretch 10	Fire 40 Stretch 10	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 40 Stretch 10	Core 20 Stretch 10	REST
Week 9	Hiit 15 Sculpt 30	Fire 45 Stretch 10	Hiit 15 Tone 30	Fire 55	Hiit 20 Sculpt 30	Fire 30 Stretch 10	REST
Week 10	Hiit 20 Tone 30	Fire 45 Stretch 10	Hiit 25 Sculpt 30	Fire 55	Hiit 20 Tone 30	Fire 30 Stretch 10	REST
Week 11	Hiit 20 Tone 30	Fire 45 Stretch 10	Hiit 25 Sculpt 30	Fire 55	Hiit 20 Tone 30	Fire 30 Stretch 10	REST
Week 12	Hiit 25 Sculpt 30	Fire 45 Stretch 10	Hiit 25 Tone 30	Fire 55	Hiit 25 Sculpt 30	Fire 30 Stretch 10	REST
Week 13	Fire 40 Stretch 10	Fire 55	Stretch 40	REST	Fire 40 Stretch 10	Stretch 40	REST
Week 14	Fire 60 Abs 10	Fire 40 Lower 20	Fire 30 Upper 20	Fire 55 Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40	REST
Week 15	Fire 60 Stretch 10	Fire 40 Lower 20	Fire 30 Upper 20	Fire 55 Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40	REST
Week 16	Fire 40 Stretch 10	Fire 40 Stretch 10	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 40 Stretch 10	Core 20 Stretch 10	REST
Week 17	Hiit 15 Upper 20	Fire 45 Abs 10	Hiit 30 Lower 20	Fire 55 Abs 10	Hiit 20 Sculpt 30	Fire 40 Abs 10	REST
Week 18	Hiit 25 Upper 20	Fire 60 Abs 10	Hiit 30 Lower 20	Fire 55 Abs 10	Hiit 25 Sculpt 30	Fire 40 Abs 10	REST
Week 19	Hiit 30 Upper 20	Fire 60 Abs 10	Hiit 30 Lower 20	Fire 55 Abs 10	Hiit 30 Sculpt 30	Fire 30 Abs 10	REST
Week 20	Fire 40 Stretch 10	Abs 10 Stretch 40	REST	Fire 40 Stretch 10	Abs 10 Stretch 40	FINISHED	

About This Schedule:

TurboFire was designed as a 12-week program with classes scheduled for 6 days a week. If you choose to move up to the next level, you have the option to extend the TurboFire program to 20 weeks with Advanced Classes. This schedule includes weeks 13-20, including the advanced workouts.

Fire Starter Class Schedule (20 Weeks)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Fire Starter Stretch 10	Low Hiit 20 Stretch 10	Fire Starter Stretch 10	Fire 40 Stretch 10	Fire Starter Stretch 10	Core 20 Stretch 40	REST
Week 2	Fire 55 Stretch 10	Low Hiit 25 Stretch 10	Hiit 15 Sculpt 30	Fire 40 Stretch 10	Core 20 Stretch 40	Low Hiit 20 Stretch 10	REST
Week 3	Fire 40 Stretch 10	Low Hiit 25 Stretch 10	Hiit 15 Tone 30	Fire 40 Stretch 10	Core 20 Stretch 40	Fire 55 Stretch 10	REST
Week 4	Fire 45 Stretch 10	Low Hiit 25 Stretch 10	Low Hiit 20 Sculpt 30	Fire 55	Core 20 Stretch 40	Fire 45 Stretch 10	REST
Week 5	Fire 55 Stretch 10	Fire 30 Sculpt 30	Fire 30 Tone 30	Fire 55	Fire 45 Stretch 10	Core 20 Stretch 40	REST
Week 6	Fire 55	Fire 30 Sculpt 30	Fire 30 Tone 30	Fire 55	Fire 45 Stretch 10	Core 20 Stretch 40	REST
Week 7	Fire 55	Fire 30 Sculpt 30	Fire 30 Tone 30	Fire 55	Fire 45 Lower 20	Core 20 Stretch 40	REST
Week 8	Fire 40 Stretch 10	Fire 45 Stretch 10	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 40 Stretch 10	Core 20 Stretch 10	REST
Week 9	Low Hiit 20 Sculpt 30	Fire 45 Stretch 10	Hiit 15 Tone 30	Fire 55	Hiit 20 Sculpt 30	Fire 30 Stretch 10	REST
Week 10	Hiit 20 Sculpt 30	Fire 45 Stretch 10	Low Hiit 25 Sculpt 30	Fire 55	Hiit 20 Tone 30	Fire 30 Stretch 10	REST
Week 11	Low Hiit 25 Sculpt 30	Fire 45 Stretch 10	Hiit 15 Tone 30	Fire 55	Low Hiit 25 Sculpt 30	Fire 30 Stretch 10	REST
Week 12	Fire 40 Stretch 10	Fire 55	Stretch 40	Fire 40 Stretch 10	Stretch 40	REST	REST
Week 13	Fire 60 Abs 10	Fire 40 Lower 20	Fire 30 Upper 20	Fire 55 Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40	REST
Week 14	Fire 60 Stretch 10	Fire 40 Lower 20	Fire 30 Upper 20	Fire 55 Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40	REST
Week 15	Fire 60 Stretch 10	Fire 40 Lower 20	Fire 30 Upper 20	Fire 55 Abs 10	Fire 60 Stretch 10	Core 20 Stretch 40	REST
Week 16	Fire 40 Stretch 10	Fire 45 Stretch 10	Core 20 Stretch 40	Fire 30 Stretch 10	Fire 40 Stretch 10	Core 20 Stretch 10	REST
Week 17	Low Hiit 20 Upper 20	Fire 45 Abs 10	Hiit 30 Lower 20	Fire 55 Abs 10	Low Hiit 25 Sculpt 30	Fire 40 Abs 10	REST
Week 18	Hiit 25 Upper 20	Fire 60 Abs 10	Hiit 30 Lower 20	Fire 55 Abs 10	Hiit 25 Sculpt 30	Fire 40 Abs 10	REST
Week 19	Hiit 30 Upper 20	Fire 60 Abs 10	Hiit 25 Lower 20	Fire 55 Abs 10	Hiit 30 Sculpt 30	Fire 30 Abs 10	REST
Week 20	Fire 40 Stretch 10	Fire 55	Abs 10 Stretch 40	Fire 40 Stretch 10	Abs 10 Stretch 40	FINISHED	

About This Schedule:

TurboFire is the intense 90-day cardio conditioning program that will help you get leaner with exercises that burn up to 9x more fat and calories than regular cardio. Select this class schedule and start scorching fat and calories!