



TURBO FIRE®

CLASS

Schedule

# TURBO FIRE®

## CLASS SCHEDULE

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

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

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9</b> HIIT-2	<b>HIIT 15 CLASS</b> + <b>SCULPT 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 45 CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM	Rest	<b>HIIT 15 CLASS</b> + <b>TONE 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 55 EZ CLASS</b> ___ : ___ AM/PM	<b>HIIT 20 CLASS</b> + <b>SCULPT 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 30 CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM TRACK YOUR RESULTS
<b>10</b> HIIT-2	<b>HIIT 20 CLASS</b> + <b>TONE 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 45 CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM	Rest	<b>HIIT 25 CLASS</b> + <b>SCULPT 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 55 EZ CLASS</b> ___ : ___ AM/PM	<b>HIIT 20 CLASS</b> + <b>TONE 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 30 CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM
<b>11</b> HIIT-2	<b>HIIT 25 CLASS</b> + <b>SCULPT 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 45 CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM	Rest	<b>HIIT 25 CLASS</b> + <b>TONE 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 55 EZ CLASS</b> ___ : ___ AM/PM	<b>HIIT 25 CLASS</b> + <b>SCULPT 30 CLASS</b> ___ : ___ AM/PM	<b>FIRE 30 CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM
<b>12</b> RECOVERY	Rest	<b>FIRE 45 EZ CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM	<b>FIRE 55 EZ CLASS</b> ___ : ___ AM/PM	<b>STRECH 40 CLASS</b> ___ : ___ AM/PM	<b>FIRE 45 EZ CLASS</b> + <b>STRETCH 10 CLASS</b> ___ : ___ AM/PM	<b>STRECH 40 CLASS</b> ___ : ___ AM/PM	Rest TRACK YOUR RESULTS

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

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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