



XTREMEROW SCHEDULE

Monday	Class	Instructor
5:00 AM – 5:45 AM	XR Strength	Brandon High
5:30 PM – 6:15 PM	XR HIIT	Brandon High

Tuesday	Class	Instructor
5:00 AM – 5:45 AM	XR HIIT	Brandon High
5:30 PM – 6:15 PM	XR Strength	Brandon High

Wednesday	Class	Instructor
5:00 AM – 5:45 AM	XR Strength	Brandon High
5:30 PM – 6:15 PM	XR HIIT	Brandon High

Thursday	Class	Instructor
5:00 AM – 5:45 AM	XR HIIT	Brandon High
5:30 PM – 6:15 PM	XR Strength	Brandon High

Friday	Class	Instructor
5:00 AM – 5:45 AM	XR Strength	Brandon High

Saturday	Class	Instructor
7:00 AM – 8:00 AM	XR HIIT	Brandon High