

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 WET-2	WET 15 CLASS + SCULPT 30 CLASS ____ 2 ____ 10:00PM	FIRE 45 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	Rest	WET 15 CLASS + TONE 30 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS ____ 2 ____ 10:00PM	WET 30 CLASS + SCULPT 30 CLASS ____ 2 ____ 10:00PM	FIRE 30 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM <small>TAKE YOUR RESULTS</small>
10 WET-2	WET 20 CLASS + TONE 30 CLASS ____ 2 ____ 10:00PM	FIRE 45 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	Rest	WET 25 CLASS + SCULPT 30 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS ____ 2 ____ 10:00PM	WET 30 CLASS + TONE 30 CLASS ____ 2 ____ 10:00PM	FIRE 30 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM
11 WET-2	WET 25 CLASS + SCULPT 30 CLASS ____ 2 ____ 10:00PM	FIRE 45 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	Rest	WET 25 CLASS + TONE 30 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS ____ 2 ____ 10:00PM	WET 25 CLASS + SCULPT 30 CLASS ____ 2 ____ 10:00PM	FIRE 30 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM
12 RECOVERY	Rest	FIRE 45 52 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS ____ 2 ____ 10:00PM	STRETCH 45 CLASS ____ 2 ____ 10:00PM	FIRE 45 52 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	STRETCH 45 CLASS ____ 2 ____ 10:00PM	Rest <small>TAKE YOUR RESULTS</small>

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 ADVANCED CLASS	FIRE 60 CLASS + ABS 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 52 CLASS + LOWER 30 CLASS ____ 2 ____ 10:00PM	Rest	FIRE 30 CLASS + UPPER 30 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS + ABS 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	CORE 20 CLASS + STRETCH 45 CLASS ____ 2 ____ 10:00PM
14 ADVANCED CLASS	FIRE 60 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 52 CLASS + LOWER 30 CLASS ____ 2 ____ 10:00PM	Rest	FIRE 30 CLASS + UPPER 30 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS + ABS 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	CORE 20 CLASS + STRETCH 45 CLASS ____ 2 ____ 10:00PM
15 ADVANCED CLASS	FIRE 60 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 52 CLASS + LOWER 30 CLASS ____ 2 ____ 10:00PM	Rest	FIRE 30 CLASS + UPPER 30 CLASS ____ 2 ____ 10:00PM	FIRE 55 52 CLASS + ABS 15 CLASS ____ 2 ____ 10:00PM	FIRE 60 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	CORE 20 CLASS + STRETCH 45 CLASS ____ 2 ____ 10:00PM
16 RECOVERY	FIRE 45 52 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 52 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	Rest	CORE 20 CLASS + STRETCH 45 CLASS ____ 2 ____ 10:00PM	FIRE 30 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	FIRE 45 52 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM	CORE 20 CLASS + STRETCH 15 CLASS ____ 2 ____ 10:00PM <small>TAKE YOUR RESULTS</small>

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Jicheng Xie



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