

Class Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM 6:00		BOOTCAMP - Jeff Cuno				KETTLEBELL - Jeff Cuno	
6:30		6:00 - 7:00				6:00 - 7:00	
7:00							
7:30							AS REQUESTED
8:00							
8:30			50+ -Katy Davis			PILATES - Katy Davis *	
9:00			8:30 - 9:30	ZUMBA - Claudia Olivos *		8:30 - 9:30	
9:30			BOOTCAMP - Katy Davis *	9:15 -10:15		ARMS + ABS - Katy Davis *	
10:00			9:30 - 10:30			9:30 - 10:30	
10:30							
11:00							
11:30							
PM 12:00							
1:00							
1:30							
2:00							
2:30							
3:00		YOUTH PERFORMANCE				YOUTH PERFORMANCE	
3:30		Sam Moy				Sam Moy	
4:00							
4:30			ZUMBA - Claudia Olivos	BLT - Katy Davis *			
5:00		HIIT - Jeff Cuno	4:40 - 5:40	4:30 - 5:30	HIIT - Jeff Cuno	HIIT - Jeff Cuno	
5:30		5:00 - 6:00		PILATES - Katy Davis	5:00 - 6:00	5:00 - 6:00	
6:00				5:30 - 6:30			

30403 Kings Valley Drive
Conifer, CO 80433



dynamicfitnessconifer.com
303-349-1380

* Childcare
Available