

April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6-7am MUV Force	2 6-7am XTR 1000	3
4	5	6	7	8	9	10
	6-7am MUV Force	6-7am XTR 1000 6:30-7:30 XTR 1000	6-7am MUV Force	6-7am XTR 1000 6:30-7:30 XTR 1000	6-7am MUV Force	
11	12	13	14	15	16	17
	6-7am XTR 1000	6-7am MUV Force 6:30-7:30pm MUV Force	6-7am XTR 1000	6-7am MUV Force 6:30-7:30pm MUV Force	6-7am XTR 1000	
18	19	20	21	22	23	24
	6-7am MUV Force	6-7am XTR 1000 6:30-7:30 XTR 1000	6-7am MUV Force	6-7am XTR 1000 6:30-7:30 XTR 1000	6-7am MUV Force	
25	26	27	28	29	30	
	6-7am XTR 1000	6-7am MUV Force 6:30-7:30pm MUV Force	6-7am XTR 1000	6-7am MUV Force 6:30-7:30pm MUV Force	6-7am XTR 1000	

MÜV FORCE

An engaging and steady tempo class focused on building and improving total body strength through proven training methods and progressive, yet fun, challenges. This class will not only improve functional strength for life's activities, but you'll see improvement in muscle tone and definition. MÜV Strong utilizes Kettlebells, TRX, Dumbbells, and a multitude of other options to help find your inner strength. <https://muvfitness.com/muv-training/>

XTR1000

A fully engaging, high intensity, and dynamic training class designed to keep you moving and drastically improve your cardiovascular conditioning. This fast-paced class will integrate high intensity interval training and dynamic strength sets, to not only get you tone, but to make your body a calorie consuming machine, not only during the session, but for hours after your workout. This occurs by our coaches motivating you to work your body in a position to have a strong caloric “afterburn effect”.