

## **Envision Strength Fitness' Fat Blasting Cardio Strength Training Class Schedule**

**Mondays:** 5:30pm to 6:00pm

**Tuesdays:** 6:00am to 6:30am

**Wednesdays:** 5:30pm to 6:00pm

**Thursdays:** 6:00am to 6:30pm

**Fridays:** 5:30pm to 6:00pm

**Saturdays:** 7am to 7:30am & 7:45am to 8:15am

\*\* Bring Water and a Yoga Mat