

# CORE MENU

350 Main St. / Durham / 860-349-9100 / coreclubllc.com

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	RPM	TURBO KICK		PIYO			
8:00 AM	TRX		TRX		TRX	BOXING	
8:30 AM	STANDING FLOW	STABILITY BALL	STEP	STANDING FLOW	BODYPUMP		
8:45 AM							CYCLE
9:00 AM						TRX	
9:05 AM						FULL BODY BLAST	
9:30 AM			BODYPUMP				
9:35 AM		CORE HIIT		CORE DE FORCE	CYCLE		
10:00 AM							BODYPUMP
12:15 PM	RPM		RPM				
5:30 PM	TRX			TRX	STRONG		
5:45 PM	BALLISTIC	BODYPUMP	BOX KICK FUSION	BODYPUMP			
6:45 PM	ZUMBA	CYCLE	STEP	CYCLE			

*all classes are approx. 45 min- 1 hr*

