

CORE MENU

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

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		BODYPUMP	STRONG	BP/CXWORX			
8:00 AM	TRX		TRX		TRX	BOXING	
8:30 AM	STANDING FLOW	STABILITY BALL	STEP	STANDING FLOW	BP/CXWORX	TRX	CYCLE
8:45 AM							
9:05 AM						FULL BODY BLAST	
9:30 AM			BODYPUMP				BODYPUMP
9:35 AM		CORE HIIT			CYCLE		
10:30 AM							CXWORX
12:15 PM	CYCLE						
5:30 PM	TRX			TRX	STRONG		
5:45 PM	DRUMS ALIVE	BODYPUMP	BOX KICK FUSION	BODYPUMP			
6:30 PM	CXWORX		CXWORX				
6:45 PM		CYCLE		CYCLE			
7:00 PM	ZUMBA		STEP				

all classes are approx. 45 min- 1 hr