

RENEGADE FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 6AM BOSU W/LEEANN	 6AM INTERVAL W/LEEANN		 6AM BUTTS & GUTS W/LEEANN		
					 7:30AM SPIN W/LEEANN <i>Every other week</i>	 7:30AM SPIN W/LEEANN <i>Every other week</i>
				 8:30AM TRAMPOLINE TABATA W/TAMMY		
 Silver Sneakers 9AM CLASSIC W/NANCY		 9:15AM CARDIO BALL/CORE W/TAMMY	 Silver Sneakers 9AM CLASSIC W/NANCY	 9:15AM MUSCLE PUMP W/TAMMY	 ZUMBA 9AM W/LEAH	
 10AM FUN DANCE FITNESS W/NANCY	 10:45AM YOGA W/PAM	 10:45AM CHAIR YOGA W/PAM	 10AM FUN DANCE FITNESS W/NANCY			
 5:30PM HIIT INTERVALS W/TAMMY			 5:30PM STRENGTH TRAINING W/TAMMY			

Renegade Fitness 5600 Post Rd 02818 (401)886-4700

Hours: Mon-Fri 5am-9pm Sat 7am-6pm Sun 7am-3pm