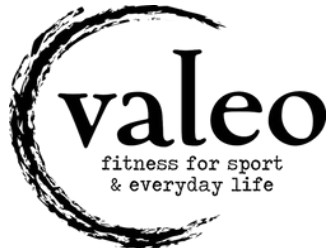


VALEO GROUP CLASSES

SUBJECT TO CHANGE BASED ON DEMAND - GRAB YOUR FRIENDS!
Classes are 45 minutes

**BURN Classes = HIIT-interval-style
with a focus on lighter weights
and more cardio impact**



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
6AM		6AM			
	12PM		12PM		
5:30PM		5:30PM			