



Core Performance Class Schedule

Winter 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES	6:00-6:45 AM CARDIO BLAST WITH BRAD	6:00-6:45 AM STRENGTH & CONDITION WITH DEB FREDRICKSON	6:00-6:45 AM CARDIO BLAST WITH BRAD	6:00-6:45 AM STRENGTH & CONDITION WITH DEB FREDRICKSON	6:00-6:45 AM CARDIO BLAST WITH BRAD	7:00 -7:45 AM 8:00 – 8:45 AM CARDIO BLAST WITH BRAD	9:00 AM VINYASA YOGA
		8:30 -9:15 AM TRX STRENGTH &CORE WITH DEBBIE FREDRICKSON		8:30 -9:15 AM TRX STRENGTH &CORE WITH DEBBIE FREDRICKSON		9:00-9:45 AM POUND CLASS WITH APRIL *EVERY OTHER SATURDAY**	
CORE PERFORMANCE HEALTH AND FITNESS							
AFTERNOON CLASSES	4:30 PM TOTAL BODY BASICS	5:15-6:00 PM STRENGTH & CONDITIONING WITH KIM DUKE	4:30 PM TOTAL BODY BASICS	5:15-6:00 PM STRENGTH & CONDITIONING WITH KIM DUKE			
			5:30-6:15 PM POUND CLASS WITH APRIL				

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