



## MBS Fitness Calendar

### ONLINE CLASSES

M

6:15 P.M. **Core & Kinetics-**  
45-minute online workout core & stability strength, while incorporating full body movements.  
"Minimal home equipment helpful"

T

9:00 A.M. **Body Weight Blast-**  
45-minute online full bodyweight exercises. Turn your body into a total gym!  
"No equipment needed"

6:00 P.M. **Bunz & Gunz w/**  
COACH Kirk- 45-minute online workout to develop & tone your legs, glutes, and arms.  
"Home equipment helpful"

W

9:00 A.M. **Bunz & Gunz-**  
45-minute online workout to develop & tone your legs, glutes, and arms.  
"Home equipment helpful"

3:45 P.M. **Youth Fit For Life-**  
35-minute online workout to keep your adolescent or teen healthy & fit  
"Minimal equipment required"

TH

6:15 P.M. **Core & Kinetics-**  
45-minute online workout core & stability strength, while incorporating full body movements.  
"Minimal home equipment helpful"

6:00 P.M. **Body Weight Blast-**  
45-minute online full bodyweight exercises. Turn your body into a total gym!  
"No equipment needed"

F

6:00 P.M. **Bunz & Gunz-**  
45-minute online workout to develop & tone your legs, glutes, and arms.  
"Home equipment helpful"

6:00 P.M. **Cardio Boxing-**  
45-minute online workout combining technique & combinations of boxing with total body strength.  
"Boxing gloves or dumbbells helpful"

S

9:00 A.M. **Body Weight Blast-**  
45-minute online full bodyweight exercises. Turn your body into a total gym!  
"No equipment needed"

6:00 P.M. **Core & Kinetics-**  
45-minute online workout core & stability strength, while incorporating full body movements.  
"Minimal home equipment helpful"