



Studio 3 @ Fond du Lac Family YMCA  
December 1st - December 31st

90 W 2nd St  
FOND DU LAC, WI 54935  
(920) 921-3330

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Bootcamp - Drop In (\$6/class or Monthly Unlimited)</b> Ali Harasha/ Melissa Schmidt 5:05am - 5:50am		<b>HIIT Training - (\$6/class or Monthly Unlimited)</b> Ali Harasha 5:05am - 5:50am		<b>Kettlebell Bootcamp(\$6/class or Monthly Unlimited)</b> Melissa Schmidt 5:05am - 5:50am		
7am						<b>Total Body Bootcamp-\$6/class or Monthly Unlimited</b> Rotating Instructors 7am - 7:45am	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.