

Meta Burn Workout Schedule as of March 1st 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	MB Workout	MB Workout	MB Workout	MB Workout	MB Workout	
9:30am	MB Workout	Meta-BELL	MB Workout		MB Workout	MB Workout
						Meta-BELL 9:00AM
						Meta-Kick Boxing 11:00am
5:30pm	MB Workout	MB Workout	MB Workout	MB Workout	MB Workout	
7:30pm	MB Workout	MB Workout	MB Workout	MB Workout	MB Workout	

Membership Policies: 18 MBW Per Week Offered

Must Register for MBW Time Slot

No one is allowed in the workout after warmup. 5 minutes late and you will have to wait til the next class

MBW Limit 12 Members per class