

## Inferno Fitness Schedule

All classes 1 hour unless otherwise noted	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Inferno Bootcamp w/ Mike S.	Advanced Strength Training w/ Mike S.	Inferno Bootcamp w/ Mike S.	Advanced Strength Training w/ Mike S.	Inferno Bootcamp w/ Mike S.	7:30am Running Club
5:45 AM	Cycle w/Kim E		Cycle w/ Carrie K.	Total Body Sculpt w/ Kim E.		7:45 - 8:30 Cycle
6:00 AM			Wake Up Yoga w/ Pat T.			8:45-9:45 Total Body Sculpt
8:45 AM	Total Body Sculpt w/ Courtney A.	Triple Threat w/ Courtney A	Cycle w/ Rebecca C.	Inferno Circuit w/Will	Traditional Yoga w/ Pooja Total Body Blitz w/Courtney	8:45 - 9:45 Hot Yoga w/ Carrie K.
9:45 AM		Biggest Winner Challenge W/Courtney		Biggest Winner Challenge W/Courtney		Sunday
12:00 - 12:30 PM	Pilates w/ Rebecca C.	Cycle w/ Rebecca C.	Total Body Sculpt w/ Rebecca C. Yoga w/ Jim	Cycle w/ Angie H.	Pilates w/ Jim H.	2:00 - 2:45 Cycle 3:00 - 4:00 Hot Yoga w/Jim
12:00 - 1:00PM				Hot Yoga w/ Pat T.		
12:30 - 1:00PM		Inferno Bootcamp w/ Kaleb		Inferno Bootcamp w/ Kaleb		
4:30 PM	Total Body Sculpt w/Angie S.	Cardio Craze w/ Courtney A	Total Body Sculpt w/ Rebecca C.	Cardio Craze w/ Courtney A		
4:45 PM					Hot Yoga w/ Pat T.	
5:45 PM	Inferno Circuit w/ Kelly H.  Hot Yoga w/ Pat/Jim	Cycle w/ Kelly	Turbo Kick w/ Angie  Yoga Fusion w/ Pat T.	Total Body Sculpt w/Kristi C.		
6:00 PM		Biggest Winner Challenge W/Annie				
6:45 PM		Hot Yoga w/ Dave	Pilates w/	Hot Yoga w/ Dave		
6:45 PM				Biggest Winner Challenge W/Will		
7:00 PM	Hot Yoga w/ Pat/Jim					
<b>InfernoFitnessNWA.com • 1200 SE 14th St • Bentonville • (479) 715-6625</b>						

**Suggested Items for Class**  
Water bottle  
Hand Towel  
Personal mat

**Hours of Operation**  
Monday 5:00am-9:30pm  
Tuesday 5:00am-9:30pm  
Wednesday 5:00am-9:30pm  
Thursday 5:00am-9:30pm  
Friday 5:00am-8:00pm  
Saturday 7:00am-2:00pm  
Sunday 10:00am-5:00pm

**Kids Room Hours**  
Monday-Thursday  
8:30am-1pm & 4pm-8pm  
Saturday 7:30am-11am  
Sunday 1pm-5pm

