



Extremely-Fit customers qualify for free coaching support.

robert@extremely-fit.com

Visit our website for Shakeology, Recovery Formula, or any of your supplement needs.

We also carry all of the Turbo Fire DVDs, including the advanced DVDs.

<http://www.extremely-fit.com>

Visit our fitness articles for all of our Turbo Fire Reviews!

<http://www.extremely-fit.com/fitness-tips/topics/turbo-fire-reviews>

Contact us anytime for any reason, good luck, we look forward to hearing from you!

TURBO FIRE® CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 INTRO	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM	HIIT 15 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM
2 HIIT-1	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM	HIIT 20 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	HIIT 15 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM
3 HIIT-1	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	HIIT 25 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	HIIT 15 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM
4 HIIT-1	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM	HIIT 20 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	HIIT 20 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM TRACK YOUR RESULTS

Extremely-Fit is owned and operated by Independent Beachbody Coaches.

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 CARDIO	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 30 CLASS + SCULPT 30 CLASS __ : __ AM/PM	Rest	FIRE 30 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 45 CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM
6 CARDIO	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 30 CLASS + SCULPT 30 CLASS __ : __ AM/PM	Rest	FIRE 30 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 45 CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM
7 CARDIO	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 30 CLASS + SCULPT 30 CLASS __ : __ AM/PM	Rest	FIRE 30 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	FIRE 45 CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM
8 RECOVERY	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	CORE 20 CLASS + STRETCH 40 CLASS __ : __ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS __ : __ AM/PM TRACK YOUR RESULTS

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 HIIT-2	HIIT 15 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	HIIT 15 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM TRACK YOUR RESULTS
10 HIIT-2	HIIT 20 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	HIIT 25 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	HIIT 20 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM
11 HIIT-2	HIIT 25 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS __ : __ AM/PM	Rest	HIIT 25 CLASS + TONE 30 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS __ : __ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS __ : __ AM/PM
12 RECOVERY	Rest	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	FIRE 55 EZ CLASS __ : __ AM/PM	STRECH 40 CLASS __ : __ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS __ : __ AM/PM	STRECH 40 CLASS __ : __ AM/PM	Rest TRACK YOUR RESULTS

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13 ADVANCED CARDIO	FIRE 60 CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + LOWER 20 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
14 ADVANCED CARDIO	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + LOWER 20 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
15 ADVANCED CARDIO	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + LOWER 20 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM
16 RECOVERY	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM TRACK YOUR RESULTS

TURBO FIRE®

CLASS SCHEDULE

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 HIIT-3	HIIT 15 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ___ : ___ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM
18 HIIT-3	HIIT 25 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ___ : ___ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM
19 HIIT-3	HIIT 30 CLASS + UPPER 20 CLASS ___ : ___ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ___ : ___ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 30 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ___ : ___ AM/PM
20 RECOVERY	Rest	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 55 EZ CLASS ___ : ___ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	Rest TRACK YOUR RESULTS

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