

Circuit Burn Premix:

Abdominals

30 min Total Body Mix 32 min

Cardio & Sculpt 32 min

Box & Legs 32 min

Cardio & Box 31 min

Sculpt & Legs 33 min

Sculpt & Box 32 min

Cardio & Legs 33 min

Cardio, Box, & Sculpt 44 min

Sculpt, Legs, & Box 45 min