

WORKOUTS

All workouts are held at
INVERSION GYM.
Please bring your weights
to all the indoor workouts.

Inversion Gym
867 Eloise Ave



www.moxyfitness.com
(530) 318-3035

My secret is simple:
I work hard.

@bossbabe.inc



December



Mon	Tue	Wed	Thu	Fri	Sat
6:00 am Inversion Gym 2	3	6:00 am Inversion Gym 4	5	6:00 am Inversion Gym 6	
6:00 am Inversion Gym 9	10	6:00 am Inversion Gym 11	12	6:00 am Inversion Gym 13	14
6:00 am Inversion Gym 16	17	6:00 am Inversion Gym 18	19	6:00 am Inversion Gym 20	21



JANUARY BOOT CAMP

Jan 8—Feb 14
Mon, Weds, Fri
@ 6:00am*



*First week workouts are Wed, Thurs, Fri