

BACK  
TO  
SCHOOL

# FOX FITNESS

## August



| TIME    | MONDAY                                     | TUESDAY                                  | WEDNESDAY                                | THURSDAY                                   | FRIDAY                                     | SATURDAY    | SUNDAY                                     |
|---------|--------------------------------------------|------------------------------------------|------------------------------------------|--------------------------------------------|--------------------------------------------|-------------|--------------------------------------------|
| 05:15AM | <b>PILATES</b>                             | LesMills GRIT   CARDIO<br><b>VIRTUAL</b> | <b>PILATES</b>                           | LesMills GRIT   ATHLETIC<br><b>VIRTUAL</b> | LesMills PUMP CORE<br><b>VIRTUAL</b>       | NO<br>CLASS | LesMills BODYCOMBAT<br><b>VIRTUAL</b>      |
| 09:30AM | <b>CIRCUIT</b>                             | <b>PILATES</b>                           |                                          | <b>PILATES</b>                             |                                            |             | LesMills BODYPUMP<br><b>VIRTUAL</b>        |
| 12:15PM | LesMills GRIT   STRENGTH<br><b>VIRTUAL</b> |                                          | LesMills GRIT   CARDIO<br><b>VIRTUAL</b> |                                            | LesMills GRIT   ATHLETIC<br><b>VIRTUAL</b> |             | LesMills GRIT   ATHLETIC<br><b>VIRTUAL</b> |
| 04:30PM |                                            | LesMills BODYBALANCE<br><b>VIRTUAL</b>   |                                          | LesMills BODYBALANCE<br><b>VIRTUAL</b>     |                                            |             | LesMills BODYPUMP<br><b>VIRTUAL</b>        |
| 05:30PM | <b>PILATES</b>                             | LesMills BODYPUMP                        | <b>PILATES</b>                           | BODYPUMP GRIT                              |                                            |             |                                            |
| 06:30PM | <b>BYOB</b>                                | ZUMBA                                    | <b>BYOB</b>                              |                                            |                                            |             |                                            |

- CIRCUIT - 1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE - 30 MIN
- PILATES - 1HR FOCUS ON CORE, STRENGTH FLEXIBILITY

- GRIT - 30 MIN HIIT
- BODY PUMP - 45 MIN OR 1 HR FULL BODY
- ZUMBA - 1HR DANCE CARDIO
- BODYPUMP/GRIT COMBO - 30 MIN STRENGTH AND 30 MIN HIIT



AS THE KIDS GO BACK TO SCHOOL, IT'S TIME FOR YOU  
TO GET BACK INTO YOUR ROUTINE!



CONSISTENCY TODAY. STRONGER TOMORROW.  
YOUR HEALTH. YOUR TIME. YOUR PRIORITY. WE'VE GOT YOU! ♥