FCK FITNESS

November

POP UPS

- NOV 7TH — MEN'S PILATES 9:30AM
- NOV 14TH — ZUMBA 9:30AM
- NOV 19TH — CIRCUIT 9:30AM
- NOV 21ST — PILATES 9:30AM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
5:15AM			PILATES		NOV 7 9:30AM MEN'S ONLY PILATES
09:30AM	CIRCUIT				
12:15PM		GRIT VIRTUAL		GRIT VIRTUAL	NOV 14 9:30AM ZUMBA
04:30PM	BODYCOMBAT VIRTUAL		BODYCOMBAT VIRTUAL		
05:30PM	PILATES	LesMILLS BODYPUMP		GRIT/PUMP	NOV 21 9:30AM PILATES
06:30PM	BYOB	ZUMBA	BYOB		

- CIRCUIT-1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY)- 1HR FULL BODY
- PILATES-1HR FOCUS ON CORE, STRENGTH FLEXIBILITY
- GRIT-30 MIN HIIT
- BODY PUMP- 45 MIN OR 1 HR FULL BODY
- ZUMBA-1HR DANCE CARDIO



Happy Thanksgiving

