



MFIT Studio

MFIT STUDIO SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30AM Zumba (Michaelene)		6:00-6:45AM Total Body Conditioning (Michaelene)		6:00-6:45AM 20/20 (Michaelene)		9:00-10:00AM R.I.P.P.E.D. (Maria)
9:30-10:15AM Total Body Conditioning (Michaelene)		4:15-5:00PM FIT to the CORE (Maria)	4:30-5:00PM Butts & Guts (Michaelene)		4:30-5:00PM Total Body Conditioning Express (Michaelene)	10:00-11:00AM Dance/ Pump/ Fight (Maria)
	5:00-5:45PM Total Body Conditioning (Michaelene)	5:00-6:00PM R.I.P.P.E.D. (Maria)	5:00-6:00PM Zumba/Hip Hop (Michaelene or Danielle)	5:30-6:15PM Uprising (Kim)	5:00-6:00PM Strong30 (Michaelene)	
	6:00-7:00PM STRONG (Michaelene)	6:00-7:00PM ConfiDANCE (Alicia)	6:00-7:00PM Zumba/Hip Hop (Michaelene or Danielle)			
	7:00-7:30PM Power Flow (Kayla)	7:00-7:45PM Total Body Conditioning (Michaelene)		6:30-7:30PM Zumba (Michaelene)		

20/20 - 20 minutes of dance fitness & 20 minutes of strength training to give you all the cardio & strength your body needs to start the day!

Butts & Guts - Focuses specifically on developing strong, powerful lower body and core muscles by using various types of resistance training techniques and body weight exercises.

ConfidANCE - You may recognize our instructor, Alicia, from oxygen networks TV show, "Dance Your Ass Off!" Alicia is all about helping you find that confidence you need through dance fitness & self-love.

Dance /Pump /Fight - High energy cardio dance class mixed with strength training intervals and martial arts HIIT.

Fit to the Core - 30 minute workout that will combine strength, stability and endurance in the muscles that support your core.

Hip Hop - Never get bored in this super high-energy, cardio-intense, calorie-blasting dance class to all your favorite Hip Hop tunes. Enjoy 60-minutes of non-stop, party rockin' sweat drenched Hip Hop.

Power Flow - Designed to progressively open the body, each sequence of poses are connected by breath. Build strength, activate your core muscles, and increase flexibility.

R.I.P.P.E.D. - This total body, high intensity style workout utilizes free weights, resistance, and body weight which masterfully combine the components of R.I.P.P.E.D – Resistance, Intervals, Power, Plyometrics and Endurance.

Rumble - RUMBLE is an authentic, yet simple to master, cardio mixed martial arts class created for EVERY body! No martial arts experience required, just a willingness to sweat, a desire to get an incredible workout, and the willingness to have fun along the way!

STRONG - Stop counting the reps. Start training to the beat. STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In a one-hour class you will burn calories while toning arms, legs, abs and glutes.

Total Body Conditioning - Total Body Conditioning (TBC) is a multi-level full body workout that targets all of the major muscle groups. This workout is designed to contain a variety of exercises that will increase strength, decrease body fat and improve overall conditioning.

Uprising - This workout hits all components of fitness training – muscular strength, power & cardiovascular endurance. Work every part of your body & elevate your heart rate to burn serious calories. Push through a number of exercises in a 20 second, 30 second, 40 second "uprising" workout fashion.

Zumba - Come join the party! ZUMBA® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Featuring Latin rhythms and easy to follow moves, Zumba® is an exercise class that keeps everyone motivated by creating a dance party atmosphere. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class!