



MFIT Studio

## MFIT STUDIO SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8:30-9:30AM</b> Zumba (Michaelene)		<b>6:00-6:45AM</b> Total Body Conditioning (Michaelene)		<b>6:00-6:45AM</b> 20/20 (Michaelene)		<b>9:00-10:00AM</b> R.I.P.P.E.D. (Maria)
<b>9:30-10:15AM</b> Total Body Conditioning (Michaelene)		<b>4:15-5:00PM</b> Rumble (Maria)	<b>4:30-5:00PM</b> Fab Abs (Jenna)		<b>4:30-5:00PM</b> Total Body Conditioning Express (Michaelene)	<b>10:00-11:00AM</b> Dance/ Pump/ Fight (Maria)
	<b>5:00-5:45PM</b> Total Body Conditioning (Michaelene)	<b>5:00-6:00PM</b> R.I.P.P.E.D. (Maria)	<b>5:00-6:00PM</b> Zumba (Michaelene)	<b>5:00-6:00PM</b> Definition (Jenna)	<b>5:00-6:00PM</b> Hip Hop (Danielle)	
	<b>6:00-7:00PM</b> STRONG (Michaelene)	<b>6:00-7:00PM</b> ConfIDANCE (Alicia)	<b>6:00-7:00PM</b> Hip Hop (Michaelene)	<b>6:00-6:30PM</b> Mobility (Mia)		
	<b>7:00-7:30PM</b> Power Flow (Kayla)	<b>7:00-7:45PM</b> Total Body Conditioning (Michaelene)	<b>7:00-7:45PM</b> Power Barre (Kayla)	<b>6:30-7:30PM</b> 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!

**ConfDANCE** - 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.

**Definition** - Jumpstart your weekend with a one-hour total body, strength-training sculpt for all fitness levels! This class is focused on torching the calories while defining upper body, lower body, & abdominal muscles.

**FabAbs** - A challenging 30 minute workout that will work every angle of your core. This class goes above and beyond sit-ups and crunches to define and sculpt the abdominals, obliques, and lower back.

**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.

**Mobility** - This dynamic practice flows through a series of poses to build strength, balance, and flexibility. Sequences change from class to class, keeping the practice fresh while still building experience in traditional yoga poses. Throughout class, breath and movement are linked, making mindful focus a key part of your practice.

**Power Barre** - Take your Barre training to the next level with this higher intensity class that will incorporate more cardio and even more challenging moves to give you the toned and lean physique you desire.

**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.

**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!