



MFIT Studio

## MFIT STUDIO SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30-10:15AM</b> HIIT Bootcamp (Kayla)	<b>4:15-5:00PM</b> Kids Kamp (Jenna)	<b>4:00-5:00PM</b> Zero Gravity (ages 5-8) (Lori)	<b>4:15-5:00PM</b> Zumba Kids (Michaelene)	<b>4:00-5:00PM</b> Zero Gravity (ages 9-12) (Lori)	<b>4:30-5:00PM</b> Total Body Conditioning Express (Michaelene)	<b>9:30-10:30AM</b> Dance & Pump (Maria)
<b>10:30-11:30AM</b> Rumble (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> Hip Hop (Danielle) - Zumba (Michaelene) <u>Weekly rotation</u> <u>- will be posted on vagaro</u>	<b>5:00-6:00PM</b> Power Hour (Jenna)		<b>10:45-11:45AM</b> STRONG (Michaelene) --or-- <b>10:30-11:00AM</b> Mobility (Mia) <u>Mobility: once a month - will be posted on vagaro</u>
	<b>6:00-7:00PM</b> STRONG (Michaelene)	<b>6:00-7:00PM</b> ConfiDANCE (Alicia)	<b>6:00-6:45PM</b> Power Barre (Kayla)	<b>6:30-7:30PM</b> Zumba (Michaelene)		
	<b>7:30-8:00PM</b> Mobility (Mia)					

\*Each class will end 5 minutes early to allow for proper sanitation.