

September Schedule

All Classes on this schedule are free to our members and are 50-55 minutes in duration!
Follow us on Facebook for daily schedule updates!

| Time | MON. | TUES. | WED. | THURS. | FRI. | SAT. | SUN. |
|---------|-------------------------|--------------------------------|-------------------------------|--|------------------------|---------------------|--------------------|
| 9:00am | | F.I.T. BARRE w/ Lisa | | SOULFUSION w/Tammy | | TABATA w/Melinda | |
| 10:00am | AIT w/Angela | FUNCTIONAL FITNESS w/Arlene | AIT w/Angela | FUNCTIONAL FITNESS w/Lisa | CARDIO COMBO w/Lisa | | |
| 11:00am | Stability 101 w/Suzy | Full Body Stretch w/ Suzy | | POSTURAL STRENGTH & STRETCH w/ Suzy | | | |
| 4:00pm | | | | | | | MAX w/Lori-Beth |
| 5:00pm | FIT CAMP w/Adana | ZUMBA w/Renee | FIT CAMP w/Elizabeth | YOGILATES w/Melinda | | | |
| 6:00pm | ZUMBA w/Lara | SOULFUSION w/Tammy | MASH UP w/Lara | BARBELL BLAST w/Adana | | | |
| 7:00pm | | BARBELL BLAST w/Adana | PUMPED UP STRENGTH w/Paige | | | | |



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