



ESCAPE FITNESS OF FAIR LAWN

GROUP X

WEEKLY CLASS SCHEDULE

Monday	5:30 AM	Move It
	6:30 PM	Move It
Tuesday	9:30 AM	HIIT The Deck: Lower Body
	5:30 PM	HIIT The Deck: Lower Body
	6:30 PM	HIIT The Deck: Lower Body
Wednesday	5:30 AM	HIIT The Deck: Total Body
	6:30 PM	HIIT The Deck: Total Body
Thursday	9:30 AM	HIIT The Deck: Upper Body
	5:30 PM	HIIT The Deck: Upper Body
	6:30 PM	HIIT The Deck: Upper Body
Friday	5:30 AM	HIIT The Deck: Total Body
Saturday	9:00 AM	HIIT The Deck: Total Body
	10:30 AM	Move It
Sunday	8:00 AM	Move It
	9:30 AM	HIIT The Deck: Lower Body