

Monthly Group Fitness Schedule

December 3rd – 8th & December 10th- 15th 2018

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00am				Circuit HIIT	
10:00am	Circuit HIIT				
12:00pm		Pound		ZUMBA/ Dance Fitness	
1:00pm		Battle Ropes			
6:00pm	No Limits		Spin		
6:30pm	Spin				
7:45pm			Battle Ropes		

December 17th - 22nd 2018

Time	Monday	Tuesday	Wednesday	Thursday	Saturday
9:00am				Circuit HIIT	
10:00am	Circuit HIIT				
1:00pm		Battle Ropes			
6:00pm	No Limits		Spin		
6:30pm	Spin	Pound			
7:30pm				ZUMBA/ Dance Fitness	
7:45pm			Battle Ropes		