

NORTH BEACH HEALTH CLUB OF CAPE MAY CLASS SCHEDULE

Hours: Mon-Fri 5am-10pm Sat 7am-8pm Sun 7am-6pm Phone: 609-898-3800 www.northbeachgym.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am Video Spin	7:00am Video Spin	7:00am Video Spin	7:00am Video Spin	7:00am Video Spin		
				7:30am CrossFit (Functional Fitness)	7:30am CrossFit (Functional Fitness)	
7:45am Boot Camp		7:45am Boot Camp		7:45am Boot Camp		
8:30am Endurance30-Min	8:30am Power Yoga	8:30am Endurance30-Min	8:30am Power Yoga	8:30am Endurance30-Min	8:30am Pilates Fusion	
8:30am Boxercising		8:30am Body Bar Blast	9:30am Spin	8:30am Total Body	9:00am Spin	9:00am Abs & Strength
9:30am BodyShred	9:30am Pilates Barre Fusion	9:30am Waist Removal	9:30am Full Body HIIT	9:30am Yoga Strength	9:30am Interval Training	
	10:30am Work Hard Party Hard			10:30am Full Stretch 30-Min		10:30am Yoga All Levels
11:00am Low-Impact		11:00am Yoga All Levels	11:00am Low-Impact	11:00am Flow Motion		
5:30pm Full Body Sculpting	5:30pm Plyo-Power & Strength	5:30pm Sports Strength & Agility				
5:30pm CrossFit (Functional Fitness)	5:30pm CrossFit (Functional Fitness)	6:00pm Absolute Abs 30-Min				
	6:00pm Spin					
6:30pm -HIIT- Training	6:30pm Boxing Bag Drill	6:30pm -HIIT- Training	6:30pm Zumba			