

FITLIFE

HEALTH CLUBS

	MONDAY FIT _{GX}	TUESDAY FIT _{GX}	WEDNESDAY FIT _{GX}
5:30AM		Body Balance - Nicolette	
7AM			
8:00AM			
9AM			
10AM			
10:15AM			
5PM			
5:30PM			
6PM	Pilates - Shannon		Pilates - Lucia
6:15PM			
6:30PM			
7PM	Zumba - Travis	Pilates Sculpt - Willie	

FIIT TRAINING

Powered by LES Mills CEREMONIAL

	MONDAY	TUESDAY	WEDNESDAY
8AM			
9AM			
5:30PM		HIIT - Willie	
6:00PM	Fit Fight - Alex		Fit Fight - Alex
7:30PM			

THURSDAY

FIT_{GX}

FIT_{CYCLE}

FRIDAY

FIT_{GX}

SATURDAY

FIT_{GX}

SUNDAY

FIT_{GX}

Body Pump - Nicolette

RPM - Mary

Body Balance - Mary

Body Pump - Nicolette

Pilates - Lucia

Pilates Sculpt - Willie

Pilates sculpt

NY **FIT**FIGHT

THURSDAY

FRIDAY

SATURDAY

SUNDAY

HIIT- Willie

HIIT- Willie