

FITMISS

group classes

MONDAY

6:35am	Strength Circuit	Sam
9:30am	Strength Circuit	Sam
6:20pm	Strength Circuit	Chloe

TUESDAY

6:35am	Hybrid	Sam
9:30am	Total Body	Sam
6:20pm	Hybrid	Sam

WEDNESDAY

6:00am	Cardio & Core	Chloe
9:30am	Core & Glutes	Chloe
4:35pm	Core & Glutes	Sam
6:20pm	HIIT	Sam

THURSDAY

6:00am	Total Body	Sam
9:30am	Strength Circuit	Sam
6:20pm	Cardio & Core	Chloe

FRIDAY

6:35am	Strength Circuit	Sam
9:30am	Total Body	Sam

SATURDAY

9:15am	HIIT	Sam
10:30am	Strength Circuit	Sam

SUNDAY

9:15am	Hybrid	Chloe
11:05am	Stretch & Mobility	Chloe