

FITMISS

group classes

MONDAY

6:35am
7:10am

Strength Circuit - Upper
Core & Glutes

9:30am
6:20pm

Strength Circuit
Cardio, Butts & Thighs

TUESDAY

6:35am
9:30am

Hybrid
Stretch & Mobility

5:45pm
6:55pm

Boxing/Kickboxing
Strength Circuit - Upper

WEDNESDAY

6:00am
9:30am

Total Body
Core & Glutes (45 mins)

4:35pm
6:20pm

Core & Glutes
HIIT

THURSDAY

6:35am
9:30am

HIIT
Strength Circuit

5:45pm
6:20pm

Strength Circuit
Cardio, Butts & Thighs

FRIDAY

6:00am
9:30am

Strength Circuit - Lower
Total Body (45 mins)

SATURDAY

9:15am
10:30am

HIIT
Strength Circuit (45 mins)

SUNDAY

9:15am
11:05am

Hybrid
Stretch & Mobility (45 mins)