

# FITMISS

live classes

## MONDAY

7:00am  
5:45pm

Hybrid  
Strength Circuit

Chloe  
Chloe

## TUESDAY

12:30pm

Stretch & Mobility

Michelle

## WEDNESDAY

9:30am  
6:00pm

Total Body  
Cardio, Butts & Thighs

Chloe  
Sam

## THURSDAY

7:00am  
6:20pm

Strength Circuit  
HIIT Class

Michelle  
Sam

## FRIDAY

7:00am  
9:30am

Cardio & Core  
Total Body

Sam  
Sam

## SATURDAY

9:30am

Cardio, Butts & Thighs

Michelle

EMAIL US TO SECURE YOUR  
SPOT

CHLOEFITMISS@GMAIL.COM

