

FITMISS

group classes

MONDAY

6:35am	Strength Circuit - Upper	5:15pm	Hybrid
7:10am	Core & Glutes	6:20pm	Cardio, Butts & Thighs
9:30am	Strength Circuit		

TUESDAY

6:35am	Hybrid	5:45pm	Boxing/Kickboxing
9:30am	Stretch & Mobility	6:55pm	Strength Circuit - Upper

WEDNESDAY

6:00am	Total Body	4:35pm	Core & Glutes
9:30am	Core & Glutes (45 mins)	6:20pm	HIIT

THURSDAY

6:35am	HIIT	5:45pm	Strength Circuit
9:30am	Strength Circuit	6:20pm	Cardio, Butts & Thighs

FRIDAY

6:00am	Strength Circuit - Lower
9:30am	Total Body (45 mins)

SATURDAY

9:15am	HIIT
10:30am	Strength Circuit (45 mins)

SUNDAY

9:15am	Hybrid
11:05am	Stretch & Mobility (45 mins)