



August 2017

Group Fitness Schedule

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"Become the Best Version of Yourself!"

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|--|--|--|----------------------------------|---|
| | | 1. CLOSED | 2. 7:00-8:00am TRX-STEP 5:30-6:30pm BLT 6:30-6:45pm ABS | 3. 5:30-6:30pm KICKBOXING 6:30-6:45pm ABS | 4. 7:00-8:00am TOTAL BODY | 5. 9:15-10:15am CIRCUIT X-PRESS 10:15-10:30am CORE |
| 6. | 7. 7:00-8:00am Baller in Gym 5:30-6:30pm TRX-STEP 6:30-6:45pm ABS | 8. CLOSED | 9. 7:00-8:00am TRX-STEP 5:30-6:30pm BALLER IN GYM 6:30-6:45pm ABS | 10. 5:30-6:30pm BOXING 6:30-6:45pm ABS | 11. 7:00-8:00am TOTAL BODY | 12. 9:15-10:15am CIRCUIT X-PRESS 10:15-10:30am CORE |
| 13. | 14. 7:00-8:00am BLT 5:30-6:30pm TRX-STEP 6:30-6:45pm ABS | 15. 7:00-8:00am Circuit X-Press NO PM CLASS | 16. 7:00-8:00am TRX-STEP 5:30-6:30pm BLT 6:30-6:45pm ABS | 17. 7:00-8:00am BLT 5:30-6:30pm KICKBOXING 6:30-6:45pm ABS | 18. 7:00-8:00am TOTAL BODY | 19. 9:15-10:15am CIRCUIT X-PRESS |
| 20. | 21. NO AM CLASS 5:30-6:30pm TRX-STEP 6:30-6:45pm ABS | 22. CLOSED | 23. CLOSED | 24. CLOSED | 25. 7:00-8:00am TOTAL BODY | 26. 9:15-10:15am CIRCUIT X-PRESS 10:15-10:30am CORE |
| 27. | 28. 7:00-8:00am Baller in Gym 5:30-6:30pm TRX-STEP 6:30-6:45pm ABS | 29. CLOSED | 30. 7:00-8:00am TRX-STEP 5:30-6:30pm BALLER IN GYM 6:30-6:45pm ABS | 31. 5:30-6:30pm BOXING 6:30-6:45pm ABS | | |

Monthly Membership: \$45 for unlimited classes. Walk-ins: \$10.
Gift Certificates available: \$25 receive 10 class pass for new members only.