

# superFIT personal training & group fitness class schedule

|    | Monday  | Tuesday  | Wednesday  | Thursday   | Friday | Saturday   |
|----|---|--|--|--|--------|--|
|    |   |  |  |  |        | <b>barreflow</b><br>7:45 – 8:45a<br>sheer strength       |
| am |   |  |  |  |        | <b>bikinibootcamp</b><br>11:30a – 12:30p<br>midd hts rec |
| pm |   |  | <b>musCLE bootcamp</b><br>6:00 – 6:45p<br>midd hts rec |  |        |  |
|    | <b>bikinibootcamp</b><br>7:05 – 8:05p<br>midd hts rec | <b>barreflow</b><br>7:15 – 8:15p<br>sheer strength |  | <b>barreflow</b><br>7:15 – 8:15p<br>sheer strength |        |  |

Cancellations are shared via our facebook page! Check superFIT personal training & group fitness for class updates.



midd hts. rec: 16000 bagley rd., middleburg hts., oh 44130  
sheer strength: 8871 brecksville road, suite b, brecksville oh 44141



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