



# QC ALL FIT OCT 2018 SCHEDULE

MONTHLY SCHEDULE: WHAT ARE YOUR GOALS FOR THE MONTH?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
5:45 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
8:00 AM						CROSS TRAINING	
8:30 AM	TRX		ZUMBA		COMBO CLASS		
9:00 AM						COMBO CLASS	
5:00 PM	KICKBOXING	HIIT	HIIT	HIIT			
5:30 PM	ZUMBA	COMBO Class	POWER YOGA	ZUMBA			
6:00 PM	XCO	TRX	KICKBOXING	XCO			
6:30 PM							

**DOWNLOAD MINDBODY APP TO  
STAY UP TO DATE WITH CLASS CHANGES OR CANCELLATIONS!**

