



# QC ALL FIT FEB 2018 SCHEDULE

**FEBRUARY Classes: YOU MATTER**



|         | MONDAY         | TUESDAY        | WENESDAY       | THURSDAY       | FRIDAY         | SATURDAY            |
|---------|----------------|----------------|----------------|----------------|----------------|---------------------|
| 5:45 AM | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING | CROSS TRAINING |                     |
| 6:30 AM |                | KICKBOXING     |                | KICKBOXING     |                |                     |
| 8:00 AM | ZUMBA          |                | TRX            |                | ZUMBA/POUND    | CROSS TRAINING/HIIT |
| 9:30 AM |                |                |                |                |                | KICKBOXING          |
| 5:00 PM | HIIT           | HIIT           | HIIT           | HIIT           |                |                     |
| 5:30 PM | ZUMBA BURST    | KICKBOXING     | ZUMBA BURST    | KICKBOXING     |                |                     |
| 6:00 PM | BUTI YOGA      |                | 6:15 / POUND   |                |                |                     |