

QC ALL FIT MAY SCHEDULE

MONTHLY SCHEDULE



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		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
	5:45 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
	8:00 AM						MACE	
	8:30 AM	ZUMBA		TRX		хсо		
	9:00 AM							
	5:00 PM	KICKBOXING	хсо	CIRCUIT CLASS	STEP FIRE			
	5:30 PM	ZUMBA	ZUMBA	MACE	ZUMBA			
	5:45 PM							
	6:00 PM	STEP FIRE	CORE WORK		хсо			

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