



# QC ALL FIT MAY SCHEDULE

## MONTHLY SCHEDULE

	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		XCO		
9:00 AM							
5:00 PM	KICKBOXING	XCO	CIRCUIT CLASS	STEP FIRE			
5:30 PM	ZUMBA	ZUMBA	MACE	ZUMBA			
5:45 PM							
6:00 PM	STEP FIRE	CORE WORK		XCO			

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

