



QC ALL FIT SCHEDULE

MONTHLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	ROTATING CLASS
5:30 AM	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING	CROSS TRAINING		
8:00 AM							
8:30 AM	TRX / CIRCUIT		TRX/CIRCUIT		TRX/CIRCUIT		
5:00 PM							
5:30 PM	ZUMBA	CIRCUIT	ZUMBA	CIRCUIT			
6:00 PM							
6:30 PM							

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

★ WE NEED TO HAVE (3) PEOPLE IN CLASS OTHERWISE WE CANCEL!



ZUMBA