

# WORKOUT 360 WELLNESS March 2018

	MON	TUES	WED	THURS	FRI	SAT
4:40AM		<i>SPIN 30 mins</i>		<i>SPIN 30 mins</i>		
5:10AM	<b>BURN BABY BURN</b>	<i>SPIN 30 mins</i>	<b>360 PUMP</b>	<i>SPIN 30 mins</i>	<b>5AM "HIT" WORKOUT</b>	
7:00AM						<i>SPIN 1 HOUR</i>
9:15AM	<b>"G" CIRCUIT</b>		<b>"G" CIRCUIT</b>		<b>CIRCUIT</b>	
9:30AM		<b>ALL U NEED WEIGHTS &amp; BENCH</b>				
10:00AM	<i>SPIN 45 mins</i>	<i>CARDIO SIZZLER</i>	<b>TONING 45 MINS</b>	<i>BATTLE BODY</i>	<i>SPIN 45 mins</i>	
NOON		<b>BODY WEIGHT</b>		<b>"HIT" WORKOUT</b>		
12:30PM	<b>10 MIN ABS</b>		<b>10 MIN ABS</b>			
3:45PM	<i>SPIN 30 mins</i>					
4:00PM			<b>SPIN 45 mins</b>			<b>GOOD FRIDAY MARCH 30TH</b>
4:30PM	<i>360 PUMP</i>			<b>10 MINS CORE WORK</b>		<b>5:00am "HIT"</b>
4:45PM		<b>ELITE BODY 45 Mins</b>		<b>BOOT CAMP</b>		<b>5:45am Spin 45 mins</b>
5:00PM	<b>10 MINS CORE WORK</b>		<b>"HIT" WORKOUT</b>			<b>No staff or Clases on March 30th &amp; 31st</b>
5:30PM	<i>SPIN</i>		<i>SPIN</i>			
5:30PM	<i>ZUMBA</i>	<i>360 PUMP</i>		<i>STEP</i>		
6:00PM				<i>TONING</i>		
6:30PM			<i>Just Strapped (TRX)</i>			

Get it Right

LET'S GET TOO FIT TO QUIT!

THE PLACE TO BE 985-872-4002