

WORKOUT 360 WELLNESS FEBRUARY 2018

	MON	TUES	WED	THURS	FRI	SAT
4:40AM		<i>SPIN 30 mins</i>		<i>SPIN 30 mins</i>		
5:10AM	BURN BABY BURN	<i>SPIN 30 mins</i>	360 PUMP	<i>SPIN 30 mins</i>	5AM "HIT" WORKOUT	
7:00AM						<i>SPIN 1 HOUR</i>
9:15AM	"G" CIRCUIT		"G" CIRCUIT		CIRCUIT	
9:30AM		ALL U NEED WEIGHTS & BENCH				
10:00AM	<i>SPIN 45 mins</i>	<i>CARDIO SIZZLER</i>	TONING 45 MINS	<i>BATTLE BODY</i>	<i>SPIN 45 mins</i>	
NOON		BODY WEIGHT		"HIT" WORKOUT		
12:30PM	10 MIN ABS		10 MIN ABS			
3:45PM	<i>SPIN 30 mins</i>					
4:00PM			SPIN 45 mins			FEB12th No Classes and Staff
4:30PM	<i>360 pump</i>			10 MINS CORE WORK		After 2pm FEB 13TH
4:45PM		ELITE BODY 45 Mins		BOOT CAMP		No Staff or Classes!
5:00PM	10 MINS CORE WORK		"HIT" WORKOUT			All Resumes on Wed Feb 14th
5:30PM	<i>SPIN</i>		<i>SPIN</i>			HAPPY
5:30PM	<i>ZUMBA</i>	<i>360 pump</i>		<i>STEP</i>		Mardi Gras!!
6:00PM				<i>TONING</i>		Be Safe!!
6:30PM			<i>Just Strapped (TRX)</i>			

Get it Right

LET'S GET TOO FIT TO QUIT!

THE PLACE TO BE 985-872-4002