

WORKOUT 360 WELLNESS JULY 2017

	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	
6:30AM						
7:00AM						<i>SPIN 1 HOUR</i>
8:00AM						
9:15AM	"G" CIRCUIT		"G" CIRCUIT		"G" CIRCUIT	
9:30AM		ALL U NEED WEIGHTS & BENCH				
10:00AM	<i>SPIN 30 mins</i>	<i>ZUMBA</i>	TONING 45 MINS	<i>ZUMBA</i>	<i>SPIN 45 mins</i>	
NOON		BURN BABY BURN		"HIT" WORKOUT		
12:30PM	10 MIN ABS		10 MIN ABS			
3:45PM	<i>SPIN 30 mins</i>					JULY 3RD 5AM
4:00PM			SPIN 45 mins			WEIGHT CLASS & 5:30AM SPIN ONLY
4:30PM	360 PUMP			BOOT CAMP		NO STAFF & NO CLASSES
4:45PM		ELITE BODY 45 Mins				JULY 3RD AND 4TH
5:00PM			"HIT" WORKOUT			HAVE A GREAT
5:30PM	<i>SPIN</i>		<i>SPIN</i>			4TH OF JULY
5:30PM	<i>ZUMBA</i>	360 PUMP	<i>ZUMBA</i>	STEP		
6:00PM				<i>TONING</i>		

Get it Right

LETS GET TOO FIT TO QUIT!

THE PLACE TO BE 985-872-4002