


WORKOUT 360 WELLNESS JULY 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"/WORK 4 IT	
7:00AM						<i>SPIN 1 HOUR</i>
9:15AM	"G" CIRCUIT		"G" CIRCUIT		"G" CIRCUIT	
9:30AM		ALL U NEED WEIGHTS & BENCH				
10:00AM	<i>SPIN 45 mins</i>	Hurt So Good	TONING 30 MINS		<i>SPIN 45 mins</i>	
NOON		Full Body Weights		WORKOUT CLASS		
12:30PM	10 MIN ABS		10 MIN ABS			
3:45PM	<i>SPIN 30 mins</i>					
4:00PM			SPIN 45 mins			NOTE: NO CLASSES OR STAFF JULY 4TH thank you
4:30PM	<i>360 pump</i>			10 MINS CORE WORK		We will bring back class
4:45PM		ELITE BODY				On Thurs @ 9:30am starting
5:00PM			WORKOUT CLASS			AUGUST 2ND
5:30PM	<i>SPIN</i>		<i>SPIN</i>			
5:30PM		<i>360 pump</i>	DANCE FITNESS	<i>STEP</i>		
6:00PM				<i>TONING</i>		

Get it Right

LETS GET TOO FIT TO QUIT!

THE PLACE TO BE 985-872-4002

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