QC ALL FIT FITNESS CALENDAR

SEPTEMBER 2017

QC All Fit

Downtown Moline

1206 5th Avenue, Moline, IL 61265

309.429.5653

HOME CLASSES OUR TRAINERS

September!

	MON	TUE	WED	THU	FRI	SAT
5:45AM	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	
8:00	ZUMBA		POUND		TRX	POWER YOGA (MATT)
8:45	TRX					
4:45PM	CIRCUIT/NINA	CIRCUIT (H/L)	CIRCUIT/MATT	CIRCUIT/ALEX		
5:30	ZUMBA BURST	ZUMBA BURST	KICK BOXING	ZUMBA BURST		
6:00	TRX	POUND	CORE	POUND		

SEPT 4TH THERE IS ONE CLASS FOR LABOR DAY: 7:45AM WITH ALEX HARRIS

FRIDAY CIRCUIT AVAILABLE AT NOON (MUST SIGN UP IN ADVANCE)

***KICKBOXING ON THE SCHEDULE EVERY WEDNESDAY! COME TRY IT!!!