


WORKOUT 360 WELLNESS NOVEMBER 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"	
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 30 mins</i>	Hurt So Good Circuit	TONING 30 MINS		<i>SPIN 45 mins</i>	
NOON		Full Body Weights		Hurt So Good Circuit		
12:30PM	10 MIN ABS		10 MIN			
3:35PM	<i>SPIN 45 mins</i>					
4:00PM			SPIN 45 mins			No Classes or Staff on 22nd -25th
4:30PM	<i>360 pump</i>	FALL SHRED				HAPPY THANKSGIVING
4:45PM						5:30AM SPIN
5:00PM			Hurt So Good Circuit			Thurs 22nd
5:30PM	<i>SPIN</i>		<i>SPIN</i>			
5:30PM		<i>360 pump</i>	DANCE FITNESS	<i>STEP</i>		SAVE THE DATE Toys for Tots
6:00PM				<i>TONING</i>		Dec 5th

Get it Right

LETS GET TOO FIT TO QUIT!

THE PLACE TO BE 985-872-4002