


# WORKOUT 360 WELLNESS SEPTEMBER 2017

	MON	TUES	WED	THURS	FRI	SAT
4:40AM		<i>SPIN 30 mins</i>		<i>SPIN 30 mins</i>		
5:10AM	<b>BURN BABY BURN</b>	<i>SPIN 30 mins</i>	<b>360 PUMP</b>	<i>SPIN 30 mins</i>	<b>5AM "HIT" WORKOUT</b>	
7:00AM						<i>SPIN 1 HOUR</i>
9:15AM	<b>"G" CIRCUIT</b>		<b>"G" CIRCUIT</b>		<b>"G" CIRCUIT</b>	
9:30AM		<b>ALL U NEED WEIGHTS &amp; BENCH</b>				
10:00AM	<i>SPIN 30 mins</i>	<b>CARDIO SIZZLER</b>	<b>TONING 45 MINS</b>	<b>BATTLE BODY</b>	<i>SPIN 45 mins</i>	
NOON		<b>BODY WEIGHT</b>		<b>"HIT" WORKOUT</b>		
12:30PM	<b>10 MIN ABS</b>		<b>10 MIN ABS</b>			
3:45PM	<i>SPIN 30 mins</i>					
4:00PM			<b>SPIN 45 mins</b>			<b>LABOR DAY 4TH ONLY</b>
4:30PM	<b>360 PUMP</b>					<b>5:30AM WEIGHTS</b>
4:45PM		<b>ELITE BODY 45 Mins</b>				<b>6:15AM SPIN 7:15AM "HIT"</b>
5:00PM			<b>"HIT" WORKOUT</b>			
5:30PM	<i>SPIN</i>		<i>SPIN</i>			
5:30PM	<b>ZUMBA</b>	<b>360 PUMP</b>	<b>ZUMBA</b>	<b>STEP</b>		
6:00PM				<b>TONING</b>		
6:30PM			<b>ALWAYS STRAPPED</b>			

Get it Right

LETS GET TOO FIT TO QUIT!

THE PLACE TO BE 985-872-4002