



Schedule 2023

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
6:00 am P-Fit Iron Circuit	6:00 am P-Fit Boxing Body Burn	6:00 am P-Fit Iron Circuit	9:30 am Perfect Circuit (55) <i>*Silver sneakers excluded</i>	5:30 am Express Total Body Burn (45)	8:00 am Tabata Abs (30)	8:00 am P-Fit Butts & Guts (30)
9:30 am P-Fit Cycle (45)	12:15 pm P-Fit Cardio dance	9:30 am Perfect Cardio Sculpt	12:15 pm P-Fit Active Senior Cardio Sculpt	9:00 am P-Fit Cycle (45)	8:30 am P-Fit Cycle (60)	8:30 am P-Fit Pump & Pedal HITT (45)
9:30 am Total Body Burn	4:30 pm Total Body Strength	9:00 am P-Fit Cycle (45)	4:30 pm Total Body Strength	9:30 am P-Fit Total Body Burn Boxing <i>*Silver sneakers excluded</i>	9:00 am P-Fit Build & Burn Yoga	8:30 am Mash up
5:30 pm Perfect - Total body Sculpt	6:00 pm Perfect ABS (30)	9:30 am P-Fit Yoga	5:30 pm Tap & Groove (30)	10:30 am P-Fit Sculpt& Groove	9:45 am P-Fit Knockout <i>*Silver sneakers excluded</i>	9:30 am Vinyasa Yoga
6:00 pm P-Fit Cycle (45)		10:30am Zumba	6:00 pm P-Fit Cycle (30)		9:30 am RPM Express Cycle (30)	10:00 am P-Fit Body Burn
6:00 pm Zumba	6:30 pm TRX/ HITT /BOOTCAMP <i>*Silver sneakers excluded</i>	5:30 pm Perfect - Total body Sculpt	6:30 pm Gentle Yoga		10:45AM pm Zumba	BEGINNERS WELCOME ALL CLASSES ARE 55MIN UNLESS STATED
6:45 pm Core Fusion Pilates		6:00 pm Yoga	6:45 pm Level Up			
	7:30 pm P-Fit Pilates Express Stretch (30)	6:30 pm P-Fit Step Up & Groove				