



**Schedule 9/ 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>
5:45 am P-Fit Iron Circuit	5:45 am P-Fit Boxing Body Burn	5:45 am P-Fit Muscle up	9:30 am Perfect Circuit (55) <i>*Silver sneakers excluded</i>		8:00 am Tabata Abs (30)	8:00 am P-Fit Butts & Guts (30)
9:30 am P-Fit Cycle (45)	10:00am Self Defense workshop 9/19	9:00 am P-Fit Cycle (45)	10:45am Zumba	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	12:15 pm P-Fit Cardio dance	9:30 am Perfect Cardio Sculpt	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	9:00 am Perfect - Total body Sculpt
5:30 pm Perfect - Total body Sculpt	4:30 pm Total Body Strength	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 Yoga
6:00 pm P-Fit Cycle (45)	6:00 pm Perfect ABS (30)	10:30am Zumba	6:00 pm P-Fit Cycle (45)	12:00pm Express Cycle (30) min	9:30 am P-FIT Cycle (30) Returns 9/23	
	6:30 pm TRX/ HITT /BOOTCAMP <i>*Silver sneakers excluded</i>	5:30 pm Perfect - Total body Sculpt	6:30 pm Perfect Flow Yoga & Pilates		11:00am Self Defense workshop 9/9	BEGINNERS WELCOME ALL CLASSES ARE 55MIN UNLESS STATED
6:45 pm Core Fusion Pilates	7:30 pm P-Fit Stretch (30) Starts 9/19	6:00 pm P-Fit Vinyasa Yoga Flow 9/20 starts	6:45 pm Level Up			* Classes with attendance less than 3 are subject to cancel
		6:30 pm P-Fit Step Up & Groove				* Sign up on line or call 856-702-2020