



Schedule 11/ 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 Perfect Circuit		5:45 am P-Fit Muscle up	9:30 am Perfect Circuit (55) *Silver sneakers excluded	5:45 am P-Fit Total Body Burn Boxing	8:00 am Tabata Abs (30)	8:30 am P-Fit Butts & Guts (30)
9:30 am P-Fit Cycle (45)	9:30 am Total Body Sculpt	9:00 am P-Fit Cycle (45)	10:30am Zumba	9:00 am P-Fit Cycle (45)	8:30 am P-Fit Cycle (60)	9:00 am P-Fit Cycle (45)
9:30 am Total Body Burn	10:45am Self defense workshop 11/14 only	9:30 am Perfect Cardio Sculpt	4:30 pm Total Body Strength	9:30 am P-Fit Total Body Burn Boxing *Silver sneakers excluded	9:30 am Yoga	9:00 am Perfect - Total body Sculpt
5:30 pm Perfect - Total body Sculpt		9:30 am P-Fit Yoga	5:30pm Perfect Express TRX (30) 11/9 Starts	10:30 am P-Fit Sculpt& Groove	9:15 am P-Fit Total Body Burn Boxing	9:30 am Perfect Yoga
6:00 pm P-Fit Cycle (30)	5:30 pm Perfect Barre Fit	10:30am Zumba	6pm Perfect Gentle Yoga 11/9 & 11/30	12:00pm Express Cycle (30) min	9:30 am P-FIT Cycle (30)	10:30am Intro to Golf 11/11 only
6:45 pm Core Fusion Pilates	6:00 pm Perfect ABS (30)	5:30 pm Perfect - Total body Sculpt	6:00 pm P-Fit Cycle (45)		10:15 am Zumba	BEGINNERS WELCOME ALL CLASSES ARE 55MIN UNLESS STATED
	6:30 pm Perfect Bars ,Bells,Bands & Beyond	6:00 pm P-Fit Vinyasa Yoga Flow	6:45 pm Level Up			* Classes with attendance less than 3 are subject to cancel
	7:30 pm P-Fit Stretch (30)	6:30 pm P-Fit Step Up & Groove				* Sign up on line or call 856-702-2020