



Schedule 2/ 2024

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am P-Fit Iron Circuit		5:45 am P-Fit Muscle up	9:30 am Perfect Circuit	5:45 am P-Fit Total Boxing Body Burn	8:00 am Arms & Abs (30)	8:30 am P-Fit Butts & Guts (30)
9:30 am P-Fit Cycle (45)	9:30 am Total Body Burn	9:00 am-(45) P-Fit Cycle	10:30AM Zumba	9:00am & 9:30am Perfect Pump & Pedal 30/30	8:30 am P-Fit Cycle (60)	9:00 am P-Fit Cycle
9:30 am Total Body Burn	10:45am Self Defense 2/27	9:30AM Perfect Cardio Sculpt	4:30 pm Total Body Strength	9:30 am P-Fit Total Body Burn Boxing	9:30 am P-Fit Gentle Yoga	9:00 am Total body Sculpt
5:30 pm Perfect - Perfect Pump & Sculpt	5:30 pm P-Fit Barre	9:30 am P-Fit Yoga	5:30 pm TRX EXPRESS (30)	10:30 am P-Fit Sculpt & Groove	9:30 am Perfect Circuit	9:30 am P-Fit Yoga
6:00 pm P-Fit Cycle (45)	6:00 pm Perfect ABS (30)	10:30am Zumba	6:00pm Gentle Yoga 8th & 22nd Only	12:00pm Perfect Cycle (30) Express	9:30 am RPM Express Cycle (30)	Follow us on Face book for Pop up classes
6:45 pm Core Fusion Pilates	6:30pm Bars,Bells,Bands Beyond	5:30 pm Perfect - Total body Sculpt	6:00 pm P-Fit Cycle (30)		10:00am Golf Workshop 2/17 only	BEGINNERS WELCOME ALL CLASSES ARE 55MIN UNLESS STATED
	7:30 pm P-Fit Perfect Stretch (30)	6:30 pm (30) P-Fit Step Up & Groove	6:35 pm Level Up		10:30 AM Self Defense 2/24 only	PLEASE REMEMBER TO SIGN UP FOR CLASSES
					10:30am Golf workshop 2/17	FOLLOW US ON FACEBOOK FOR EVENTS & SPECIAL CLASSES AVAILABLE