



CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIIT STRENGTH	FIIT HYBRID	FIIT STRENGTH	FIIT HYBRID	FIIT STRENGTH	FIIT HYBRID	FIIT HYBRID
9:00 AM		5:15AM	5:15AM	5:15AM		8:30 AM
10:00 AM	6:05 AM	6:05 AM	6:05 AM	6:05 AM	6:05 AM	9:45 AM
	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	
	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	
	9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM	
	4:00 PM	4:00 PM	4:00 PM	4:00 PM	4:00 PM	
	5:30 PM	5:30 PM	5:30 PM	5:30 PM	5:30 PM	

FIIT STRENGTH - STRENGTH TRAINING FOCUSED CLASS

FIIT HYBRID - COMBO OF STRENGTH AND CARDIO

SUNDAY - FRIDAY: 45 MINUTE CLASS

SATURDAY: 60 MINUTE CLASS