FIT TO FUNCTION

WEEKLY CLASS SCHEDULE

Small Group Functional Fitness Classes
Modified and adapted for all ages and abilities

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
6:30 - 7:00		QUICKFIT				QUICKFIT	
9:15 - 10:00						LEGENDFIT	
10:00 - 10:30	TOTFIT						TOGETHERFIT SWEATY SATURDAY 10:00 - 11:15
10:15 - 11:00	MOMFIT	LEGENDFIT	LEGENDFIT		LEGENDFIT		
10:30 - 11:00	LITTLEFIT						
11:15 - 12:00		MOMFIT	MOMFIT		MOMFIT		
12:15 - 12:45			QUICKFIT		QUICKFIT		
4:30 - 5:15			TEENFIT	KIDFIT QUICKFIT		TEENFIT	
5:15 - 6:15		TOGETHERFIT	TOGETHERFIT	KIDFIT QUICKFIT	TOGETHERFIT	TOGETHERFIT OPEN GYM 5:00 - 6:30	
6:15 - 7:15		TOGETHERFIT	TOGETHERFIT	TOGETHERFIT STRENGTH FOCUS	TOGETHERFIT		

FOR EVERYBODY AND EVERY BODY