

# FIT BOX



**MON**

5:30am  
9:00am  
6:30pm

**TUE**

NO  
CLASS

**WED**

5:30am  
9:00am  
6:30pm

**THUR**

6:30pm

**FRI**

5:30am  
9:00am

**SAT**

9:00am  
Intro  
Class  
10:00am

**SUN**

NO  
CLASS

# FIT STRONG



**MON**

NO  
CLASS

**TUE**

Chest,  
Triceps and  
Shoulders  
5:30am  
9:00am

**WED**

NO  
CLASS

**THUR**

Legs, Glutes  
and Core  
5:30am

**FRI**

NO  
CLASS

**SAT**

NO  
CLASS

**SUN**

NO  
CLASS

# FIT O<sub>2</sub>



**MON**

Legs, Back  
and Core  
5:30am  
9:00am

**TUE**

NO  
CLASS

**WED**

Back, Core  
and Biceps  
5:30am  
9:00am

**THUR**

NO  
CLASS

**FRI**

Chest, Core,  
and Biceps  
5:30am  
9:00am

**SAT**

Back, Legs,  
Shoulders,  
and Biceps  
8:00am

**SUN**

NO  
CLASS