

# SPRING SCHEDULE

2019

## THE FIELDHOUSE

## CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASS	5:30AM – FITSUPER 9:00AM – FITBOX 6:30PM · FITBOX	5:30AM – FITstrong 9:00AM · FITstrong	5:30AM – FITSUPER 9:00AM – FITO <sub>2</sub> 6:30PM · FITBOX	5:30AM – FITstrong 9:00AM · FITstrong	5:30AM – FITO <sub>2</sub> 9:00AM – FITO <sub>2</sub>	8:30AM – FITSUPER
NO CLASS	5:30AM – FITSUPER 9:00AM – FITBOX 6:30PM · FITBOX	5:30AM – FITstrong 9:00AM · FITstrong	5:30AM – FITSUPER 9:00AM – FITO <sub>2</sub> 6:30PM · FITBOX	5:30AM – FITstrong 9:00AM – FITBOX	5:30AM – FITO <sub>2</sub> 9:00AM – FITO <sub>2</sub>	8:30AM – FITSUPER
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FITO<sub>2</sub> – Heart-pumping high intensity interval training class designed to improve cardiovascular fitness & burn fat.

FITstrong – Lean muscle-building circuit workout that focuses on different parts of the body each day to give you total body conditioning

FITBOX – A high energy, total-body workout designed to mirror the way a real boxer would train. *GLOVES SUPPLIED* (boxing experience is not necessary)\*

FITSUPER· A perfect blend of boxing and turf training that will offer you one incredible total body workout (boxing experience is not necessary)\*