

CLASS SCHEDULE


Fit 4 Less

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		30 Minute Cardio with Greg		30 Minute Strength with Greg			
9am	30 Minute Strength with Greg		30 Minute Cardio with Greg				
10am		30 Minute Express Circuit Intro		30 Minute Express Circuit Intro			
12pm		20 Minute Fight with Chris		20 Minute Fight with Chris	30 Minute Express Circuit Intro	30 Minute Virtual Cycling	30 Minute Pilates with Gypsy
5pm	30 Minute Cardio with Kaitlin		30 Minute Cardio with Greg				
6pm	30 Minute Express Circuit Intro	30 Minute Dance with Emma			30 Minute Cardio with Kaitlin		
7pm			30 Minute Express Circuit Intro	30 Minute Dance with Emma			
8pm	30 Minute Virtual Cycling		30 Minute Yoga with Gypsy				

 Move 123 in the Virtual Studio

 30 Minute Express Circuit

 Virtual Cycling room

 Move 123 Classes available when you want them. See Reverse for all series.

Please meet at the host desk for 30 Minute Express Circuit. Classes may vary depending on club.