



fitness evolved

GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

					9:30-10:30 AM MOVEMENT & METABOLIC OPTIMIZER
5:00- 6:00 PM MOVEMENT & METABOLIC OPTIMIZER		5:30-6:30 PM TOTAL BODY		4:30-5:30 PM MOVEMENT & METABOLIC OPTIMIZER	
	6:30-7:30 PM TOTAL BODY		6:30-7:30 PM MOVEMENT & METABOLIC OPTIMIZER		