




FUNCTIONAL FIT TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	
AM							AM
5:10	STRONG LOWER	STRONG UPPER/CORE	PULSE	ENDURANCE	FULL BODY	CHIPPER	7:15
6:00	STRONG LOWER	STRONG UPPER/CORE	PULSE	ENDURANCE	FULL BODY	CHIPPER	8:15
7:00	STRONG LOWER	STRONG UPPER/CORE	PULSE	ENDURANCE	FULL BODY	TONED	9:15
8:00					STRONG SENIORS	YOGA	10:15
9:10	STRONG LOWER	STRONG UPPER/CORE	PULSE	ENDURANCE	FULL BODY		
10:10	YOGA	FIRMER	MAT STRENGTH & MOBILITY	FIRMER	FULL BODY		
PM					PM		
6:00	STRONG LOWER	ENDURANCE	PULSE	TONED	6:10		
7:00	STRONG LOWER	STRONG UPPER/CORE	FULL BODY	PILATES	7:00		
8:00			YOGA				



STRENGTH



HYBRID



CARDIO

