

# FUNCTIONAL FIT TIMETABLE

	MON	TUE	WED	THU	FRI	SAT	
<b>AM</b>							<b>AM</b>
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	<b>BODYBALANCE</b>	10:30
9:10	STRONG LOWER	STRONG UPPER/CORE	PULSE	ENDURANCE	FULL BODY		
10:10	YOGA	FIRMER	PULSE	FIRMER	FULL BODY		
<b>PM</b>					<b>PM</b>		
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

