



101 Broadway Road, Ste 16-17, Dracut

CLASS SCHEDULE

978-957-1100

180fitnessstraining.com

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00AM BOOT CAMP Terrie		6:15-7:00AM BOOT CAMP Terrie		6:15-7:00AM BOOT CAMP Terrie	
					8:15-9:00AM BOOT CAMP Terrie
9:00-9:45AM BOOT CAMP Terrie		9:00-9:45AM BOOT CAMP Terrie		9:00-9:45AM BOOT CAMP Terrie	9:05-9:55AM ZUMBA Bea
9:55-10:45AM ZUMBA James		9:55-10:35AM SPIN Terrie		9:55-10:35AM SPIN Terrie	
				NO CLASSES: THURSDAY 12/24 FRIDAY 12/25	1. Please be on time for class...You will not be allowed into class if you miss the warm up.
	4:15-5:00PM BOOT CAMP Terrie		4:15-5:00PM BOOT CAMP Terrie	TUESDAY EVE 12/29 HOLIDAY PARTY!!!	2. No street shoes on the floor. Please change into your workout shoes once in the studio.
6:15-7:00PM BOOT CAMP Terrie	6:05-6:50PM SPIN Terrie	6:15-7:00PM BOOT CAMP Terrie		THURSDAY 12/31 FRIDAY 1/1/2016	3. Please let your instructor know ahead of time about any limitations or injuries.
7:05-7:55PM ZUMBA Bea		7:05-7:55PM ZUMBA James		HAPPY HOLIDAYS!!	4. HAVE FUN AND MAKE THE MOST OF YOUR WORKOUTS!!!

PLEASE NOTE: Classes and times are subject to change...Please check website for current schedule