



101 Broadway Road, Ste 16-17, Dracut

CLASS SCHEDULE

978-957-1100

180fitnesstraining.com

Winter 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 SPIN Terrie	9:00-9:45AM BOOT CAMP Terrie		9:00-9:45AM MARL'S MUSCLE MIX Marlene	9:05-9:55AM ZUMBA Bea
9:50-10:40AM ZUMBA Gretchen		9:50-10:35AM SPIN Terrie		9:50-10:35AM SPIN Terrie	10:00-10:50AM ZUMBA KIDS Gretchen STARTS 1/10/15
	4:15-5:00PM BOOT CAMP Terrie		4:15-5:00PM BOOT CAMP Terrie		1. Please be on time for class...You will not be allowed into class if you miss the warm up. 2. No street shoes on the floor. Please change into your workout shoes once in the studio.
			5:05-5:50PM SPIN Terrie		
6:15-7:00PM BOOT CAMP Terrie	6:15-7:00PM SPIN Terrie	6:15-7:00PM BOOT CAMP Terrie	6:15-7:00PM CARDIO, CORE & MORE Marlene		3. Please let your instructor know ahead of time about any limitations or injuries.
7:05-7:55PM ZUMBA Gretchen		7:05-7:55PM ZUMBA Gretchen			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

