



# CLASS SCHEDULE

## 978-957-1100

101 Broadway Road, Ste 16-17, Dracut, MA

180fitnesstraining.com

DECEMBER 2017

| MONDAY                             | TUESDAY                              | WEDNESDAY                          | THURSDAY                            | FRIDAY   | SATURDAY   |
|------------------------------------|--------------------------------------|------------------------------------|-------------------------------------|--|--|
|                                    |                                      |                                    |                                     |  |  |
|                                    |                                      |                                    |                                     |  | 8:15-9:00AM<br>BOOT CAMP<br>Terrie   |
| 9:00-9:45AM<br>BOOT CAMP<br>Terrie |                                      | 9:00-9:45AM<br>BOOT CAMP<br>Terrie |                                     | 9:00-9:45AM<br>BOOT CAMP<br>Terrie                                 | 9:05-9:55AM<br>ZUMBA<br>Bea  |
|                                    |                                      |                                    |                                     | 9:55-10:40AM<br>SPIN<br>Terrie                                     |  |
|                                    |                                      |                                    |                                     |  |  |
|                                    | 4:15-5:00PM<br>BOOT CAMP<br>Terrie   |                                    | 4:15-5:00PM<br>BOOT CAMP<br>Terrie  | NO CLASSES<br>TUESDAY, 12/12<br>HOLIDAY PARTY 6:30PM               | <ol style="list-style-type: none"> <li>1. Please be on time for class...You will not be allowed into class if you miss the warm up.</li> <li>2. NO Street Shoes on the floor. Please change into your workout shoes once in the studio.</li> <li>3. Please let your instructor know ahead of time about any limitations or injuries.</li> <li>4. HAVE FUN AND MAKE THE MOST OF YOUR WORKOUTS!!!</li> </ol> |
|                                    | 6:05-6:50PM<br>SPIN<br>Terrie        |                                    |                                     | BRING A DISH TO SHARE,<br>EAT, DRINK, PLAY A GAME<br>AND HAVE FUN! |  |
| 6:15-7:00PM<br>BOOT CAMP<br>Terrie | 6:15-7:00PM<br>FUSION FIT<br>Marlene | 6:15-7:00PM<br>BOOT CAMP<br>Terrie | 6:15-7:00PM<br>FUSION FIT<br>Terrie | NO CLASSES<br>MONDAY, 12/25<br>MERRY CHRISTMAS!                    |  |
| 7:05-7:55PM<br>ZUMBA<br>Bea        |                                      | 7:05-7:55PM<br>ZUMBA<br>Denise     |                                     | NO CLASSES<br>MONDAY, 1/1/18<br>HAPPY NEW YEAR!                    |  |

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