



CLASS SCHEDULE

978-957-1100

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

180fitnesstraining.com

SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED MONDAY, 9/4 LABOR DAY					
					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
				9:55-10:40AM SPIN Terrie	
	4:15-5:00PM BOOT CAMP Terrie		4:15-5:00PM BOOT CAMP Terrie	CLOSED MONDAY, 9/4 LABOR DAY	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. 3. Please let your instructor know ahead of time about any limitations or injuries. 4. HAVE FUN AND MAKE THE MOST OF YOUR WORKOUTS!!!
	6:05-6:50PM SPIN Terrie				
6:15-7:00PM BOOT CAMP Terrie	6:15-7:00PM FUSION FIT Marlene	6:15-7:00PM BOOT CAMP Terrie	6:15-7:00PM FUSION FIT Terrie		
7:05-7:55PM ZUMBA Bea		7:05-7:55PM ZUMBA Denise			

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