



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

CLASS SCHEDULE

978-957-1100

180fitnesstraining.com

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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 James
				9:55-10:40AM SPIN Terrie	
	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.
	6:05-6:50PM SPIN Terrie				2. NO Street Shoes on the floor. Please change into your workout shoes once in the studio.
6:15-7:00PM BOOT CAMP Terrie	6:15-7:00PM 180 CARDIO STIX, DRUMMING & MORE Marlene	6:15-7:00PM BOOT CAMP Terrie	6:15-7:00PM BOOT CAMP Terrie		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 Denise			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