



CLASS SCHEDULE

978-957-1100

VIRTUAL TRAINING AND CLASSES

180fitnesstraining.com

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45AM BOOT CAMP Terrie		9:00-9:45AM BOOT CAMP Terrie		9:00-9:45AM BOOT CAMP Terrie	9:00-9:45AM BOOT CAMP Terrie
	4:00-4:45PM TERRIE'S TABATA 2/9,16, 23		4:00-4:45PM BOOT CAMP Terrie		
	4:00-4:45PM MARLENE'S MASHUP 2/2				
5:30-6:15PM BOOT CAMP Terrie		5:30-6:15 KICKIN' BOOT CAMP Katie 2/3,10,17-Marl 2/24			
6:30-7:15 ULTRA BEGINNER TER 2/1,15,22- MARL 2/8		6:30-7:15 ULTRA BEGINNER TER 2/3,10,24 -MARL 2/17			

PLEASE NOTE: Classes, times or instructors are subject to change...