



CLASS SCHEDULE

978-957-1100

VIRTUAL TRAINING AND CLASSES

180fitnesstraining.com

APRIL 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. 4/13, 4/20, 4/27		4:00-4:45PM BOOT CAMP Terrie		
	4:00-4:45PM MARLENE'S MASHUP 4/6				
5:30-6:15PM BOOT CAMP Terrie		5:30-6:15 KICKIN' BOOT CAMP Katie 4/7, 14, 28-Marl 4/21			
6:30-7:15 ULTRA BEGINNER Ter 4/5, 12, 19 Marl 4/26		6:30-7:15 ULTRA BEGINNER. Marl 4/7 Ter 2/14, /21, 28			

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