

GROUP FITNESS SCHEDULE

FITNESS
· FOR ALL ·

FITNESS LAB	MAIN GYM 1	MAIN GYM 2	PERFORMANCE STUDIO	GAME ROOM	ART STUDIO
BOOT CAMP 1:15 am 12:00 pm 12:45 pm 1:30 pm	CARDIO KICK BOXING 11:15 am ZUMBA 12:15 pm CARDIO 1:15 pm	STRETCH & MOBILITY 11:15 am PILATES BASICS 12:15 pm STRETCH & MOBILITY 1:15 pm	SELF DEFENCE 11:15 am 12:00 pm 1:15 pm	SPIRONESS BREATHING 12:15 pm 1:15 pm	ASSESSMENTS 11:15 am PERSONALIZED WORKOUTS 12:15 pm ASSESSMENTS 1:15 pm

FEBRUARY 10TH | 11AM - 2PM



BUILD
HOPE · LIVES · FUTURES

FL
FitnessLab
past present & future of fitness