

# EXTREME FITNESS

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352-610-4363

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LES MILLS BODYPUMP</b> 5:30 AM KATE	<b>SPINNING</b> 5:30 AM CRIS	<b>LES MILLS BODYPUMP</b> 5:30 AM KATE	<b>SPINNING</b> 5:30 AM CRIS	<b>LES MILLS BODYPUMP</b> 5:30 AM KATE	<div style="border: 1px solid red; padding: 5px;"> <b>BLACK TIMES ARE IN SPINNING ROOM</b>  <b>RED TIMES ARE IN GROUP X ROOM</b> </div>
<b>EGX FIRE UP YOUR CORE</b> 8:45 AM DONNA	<b>SPINNING</b> 8:30 AM PHYLLIS	<b>EGX YOGA</b> 8:30 AM NICHOLE	<b>SPINNING</b> 8:30 AM DONNA	<b>LES MILLS BODYPUMP</b> 9:00 AM	
<b>SPINNING</b> 9:30 AM DONNA	<b>LES MILLS BODYATTACK</b> 9:30 AM KRISTEN	<b>LES MILLS BODYPUMP</b> 9:30 AM KRISTEN	<b>LES MILLS BODYCOMBAT</b> 9:30 AM JOE	<b>LES MILLS BODYATTACK</b> 10:00	
<b>LES MILLS BODYPUMP</b> 9:30 AM KATE	<b>LES MILLS BODYFLOW</b> 10:30 AM KRISTEN	<b>ZUMBA</b> 10:30 AM	<b>SPINNING</b> 10:30 AM DONNA	<b>LES MILLS BODYFLOW</b> 11:00 AM JENNIFER	
<b>ZUMBA</b> 10:30 AM	<b>Intro to SPINNING</b> * 10:30:00 AM PHYLLIS	<b>ZUMBA</b> 10:30 AM			
<b>AFTERNOON</b>					
<b>ZUMBA</b> 5:30 PM	<b>LES MILLS BODYPUMP</b> 5:30 PM SARAH	<b>LES MILLS BODYCOMBAT</b> 5:30 PM JOE	<b>LES MILLS BODYPUMP</b> 5:30 PM LAURA	<b>LES MILLS BODYCOMBAT</b> 5:30 PM JOE	<p><b>GYM HOURS:</b>            MONDAY - THURSDAY: 5AM - 11PM            FRIDAY: 5AM - 10PM            SATURDAY: 6AM - 8PM            SUNDAY: 9AM - 5PM</p> <p><b>CHILD CARE HOURS:</b>            MONDAY - FRIDAY: 8:30AM - 1:30PM            SATURDAY: 8:30AM - 1PM            MONDAY - FRIDAY: 4:30PM - 9:00PM            SUNDAY: 9AM-12:00PM</p> <p>REMEMBER TO HELP PROMOTE THE CLASSES YOU LIKE. LOW ATTENDANCE CLASSES WILL BE CHANGED ON OUR SCHEDULE.</p>
<b>LES MILLS BODYPUMP</b> 6:30 PM ISABELLA	<b>LES MILLS BODYATTACK</b> 6:30 PM KRISTEN	<b>LES MILLS BODYPUMP</b> 6:30 PM SARAH	<b>EGX Abs 30 Minutes 30</b> 6:30 PM LAURA	<b>SPINNING</b> 6:00 PM LAURA	
<b>LES MILLS BODYCOMBAT</b> 7:30 ISABELLA	<b>LES MILLS BODYFLOW</b> 7:30 PM KRISTEN	<b>LES MILLS BODYFLOW</b> 7:30 PM JENNIFER	<b>ZUMBA</b> 7:30 PM		
			<b>Intro to SPINNING</b> *5:30* PHYLLIS		
<b>SPINNING</b> 7:30 PM MICHELLE P	<b>SPINNING</b> 7:30 PM LAURA	<b>SPINNING</b> 7:30 PM MICHELLE P			

\* 10:30 AM "INTRO TO SPINNING IS HELD ON THE FIRST TUESDAY OF EVERY MONTH

\* 5:30 PM "INTRO TO SPINNING IS HELD ON THE FIRST THURSDAY OF EVERY MONTH

FOR CLASS DESCRIPTIONS CHECK OUR WEBSITE OR VISIT OUR FACEBOOK FAN PAGE. WHILE YOU ARE THERE LET US KNOW WHAT YOU THINK.



**EXTREME FITNESS... ITS NOT JUST EXERCISE, ITS LIFE**