

FITNESS ON FIFTH



OCTOBER 2021



For more information: (954) 214-6781

www.fitnessonfifthflorida.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM	ZUMBA W SUSAN	ZUMBA W SUSAN	ZUMBA W SUSAN	ZUMBA W SUSAN	ZUMBA W SUSAN	ZUMBA W SUSAN	
9:30 AM	↓↓↓↓↓↓↓↓↓↓	CORE FIT W SUSAN	↓↓↓↓↓↓↓↓↓↓	CORE FIT W SUSAN	↓↓↓↓↓↓↓↓↓↓	ZUMBA W ALEX	
10:00 AM	TABATA W MEREDITH	↓↓↓↓↓↓↓↓↓↓	TABATA W MEREDITH	↓↓↓↓↓↓↓↓↓↓	TABATA W MEREDITH	↓↓↓↓↓↓↓↓↓↓	
10:30 AM	↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓	ANIMAL FLOW W/ CHRISTY	↓↓↓↓↓↓↓↓↓↓		
11 AM				↓↓↓↓↓↓↓↓↓↓			
11:30 AM							
12 PM							
1 TO 5:30 PM							
5:30 PM							
6 PM			INTRO TO HEELS				
6:30 PM		ANIMAL FLOW W/ CHRISTY	↓↓↓↓↓↓↓↓↓↓			YOGA W TRACY/ MINDY	
7:30 PM		HEELS W HATTIE		HEELS W HATTIE		↓↓↓↓↓↓↓↓↓↓	
8:00 PM		↓↓↓↓↓↓↓↓↓↓		↓↓↓↓↓↓↓↓↓↓			