

Class Schedule

2017

Tight-N-Tone = 30 minute full-body circuit training blending cardio and strength exercises.

K-Fit Experience = 1 hour full-body workout incorporating Airdyne bikes, Water Rowers, and strength training.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Tight-N-Tone	Tight-N-Tone	Tight-N-Tone	Tight-N-Tone	K-Fit Experience	
6:40 AM	K-Fit Experience		K-Fit Experience			
8:00 AM	Tight-N-Tone		Tight-N-Tone		Tight-N-Tone	
9:00 AM						K-Fit Experience
9:30 AM	K-Fit Experience	K-Fit Experience	K-Fit Experience	K-Fit Experience		
12:00PM						
6:00 PM	Tight-N-Tone	Tight-N-Tone	Tight-N-Tone	Tight-N-Tone		