

# Class Schedule

WHATS HAPPENING AT  
MACFIT360 TODAY!

## MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center  
Phone: 393-0071 • 393-0073  
harbourbay@macfit360.com



**SUNDAY, OCTOBER 21ST -  
SATURDAY, OCTOBER 27TH**

SUN	MON	TUE	WED	THU	FRI	SAT
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
09:00 AM – 10:00 AM YogaFit	05:00 AM – 06:00 AM BootCamp - MacFit Body Boot Camp Advanced	05:00 AM – 06:00 AM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	05:00 AM – 06:00 AM BootCamp - MacFit Body Boot Camp Advanced	05:00 AM – 06:00 AM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	05:00 AM – 06:00 AM BootCamp - MacFit Body Boot Camp Advanced	06:00 AM – 06:30 AM Core Blast
	06:00 AM – 06:30 AM Core Blast	05:00 AM – 06:00 AM Strength & Agility	06:00 AM – 06:30 AM Core Blast	05:00 AM – 06:00 AM Strong Body	06:00 AM – 06:30 AM Core Blast	07:00 AM – 08:00 AM Glute Camp
	09:30 AM – 10:30 AM Pilates Mat	06:30 AM – 07:00 AM TRX Suspension Training	09:30 AM – 10:30 AM Pilates Mat	06:30 AM – 07:00 AM TRX Suspension Training		08:00 AM – 09:00 AM Zumba
		09:30 AM – 10:00 AM Body Attack		09:30 AM – 10:00 AM Body Attack		09:00 AM – 10:00 AM Body Pump360
		11:00 AM – 12:00 PM YogaFit				10:00 AM – 11:00 AM YogaFit
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	04:30 PM – 05:30 PM Body Pump360	05:00 PM – 05:30 PM TRX Power Core	12:00 PM – 01:00 PM Zumba	05:00 PM – 05:30 PM TRX Power Core		
	05:30 PM – 06:30 PM SOCA HIIT	05:30 PM – 06:00 PM Just Dance Fitness	04:30 PM – 05:30 PM Body Pump360	05:30 PM – 06:30 PM Zumba		
	06:00 PM – 07:00 PM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	06:00 PM – 07:00 PM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	05:30 PM – 06:30 PM SOCA HIIT	06:00 PM – 07:00 PM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate		
	06:30 PM – 07:30 PM Cardio Kick Boxing	06:30 PM – 07:30 PM YogaFit	06:00 PM – 07:00 PM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	06:30 PM – 07:30 PM YogaFit		
			06:30 PM – 07:30 PM Cardio Kick Boxing			