

Class Schedule

WHATS HAPPENING AT
MACFIT360 TODAY!

MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center
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**SUNDAY, DECEMBER 9TH -
SATURDAY, DECEMBER 15TH**

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	06:30 AM – 07:30 AM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate
	09:30 AM – 10:30 AM Pilates Mat	07:00 AM – 07:30 AM HIIT360	06:30 AM – 07:30 AM Pilates Mat	07:00 AM – 07:30 AM HIIT360		07:00 AM – 08:00 AM Glute Camp
		09:30 AM – 10:00 AM Body Attack	09:30 AM – 10:30 AM Pilates Mat	10:00 AM – 11:00 AM YogaFit		08:00 AM – 09:00 AM Zumba
		10:00 AM – 11:00 AM YogaFit				09:00 AM – 10:00 AM Body Pump360
						10:00 AM – 11:00 AM YogaFit
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	05:30 PM - 06:30 PM Body Pump360	05:00 PM – 05:30 PM TRX Total Body Blast	12:00 PM – 01:00 PM Zumba	05:30 PM – 06:30 PM Zumba		
	06:00 PM – 07:00 PM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	05:30 PM – 06:00 PM Just Dance Fitness	05:30 PM – 06:30 PM Body Pump360	06:00 PM – 07:00 PM BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate		
	06:30 PM – 07:30 PM Cardio Kick Boxing	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	06:30 PM – 07:30 PM YogaFit		
		06:30 PM – 07:30 PM YogaFit	06:30 PM – 07:30 PM Cardio Kick Boxing			