

Class Schedule

WHATS HAPPENING AT
MACFIT360 TODAY!

MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center
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**SUNDAY, APRIL 14TH -
SATURDAY, APRIL 20TH, 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
09:00 AM (60 min) YogaFit	05:00 AM (60 min) BootCamp - MacFit Body Boot Camp Advanced	05:00 AM (60 min) BootCamp - MacFit Body Boot Camp Beginner / Intermediate	05:00 AM (60 min) BootCamp - MacFit Body Boot Camp Advanced	05:00 AM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate		06:00 AM (30 min) Core Blast
	06:00 AM (30 min) Core Blast	05:00 AM (60 min) Strength & Agility	06:00 AM (30min) Core Blast	05:00 AM (60 min) Strong Body		06:30 AM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate
	06:30 AM (30 min) HIIT360	06:30 AM (30min) Core Blast	06:30 AM (30 min) HIIT360	06:30 AM (30 min) Core Blast		07:00 AM (60 min) Glute Camp
	09:30 AM (60 min) Pilates Mat	09:30 AM (30min) Body Attack	06:30 AM (60 min) Pilates Mat	9:30 AM (30 min) Body Attack		08:00 AM (60 min) Zumba
			09:30 AM (60 min) Pilates Mat			09:00 AM (60 min) Body Pump360
			11:30 AM (LIVE ON INSTAGRAM) Fitness Issues			10:00 AM (60 min) YogaFit
						10:00 AM (60 min) Kids Fit360
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	04:30 PM (60 min) Body Pump360	05:00 PM (30min) TRX Total Body Blast	12:00 PM (60 min) Zumba	05:00 PM (30 min) TRX Total Body Blast		
	05:30 PM (30 min) Soca HIIT	05:30 PM (60min) Just Dance Fitness	04:30 PM (60 min) Body Pump360	05:30 PM (60 min) Zumba		
	06:00 pm (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	06:00 pm (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	05:30 PM (30 min) Soca HIIT	06:30 PM (60 min) Yoga Fit		
	06:30 PM (60 min) Cardio Kick Boxing	06:30 PM (60 min) Yoga Fit	06:00 pm (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate			
			06:30 PM (60 min) Cardio Kick Boxing			