

# Class Schedule

WHATS HAPPENING AT  
MACFIT360 TODAY!

## MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center

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**SUNDAY, JUNE 16TH**  
**SATURDAY, JUNE 22ND, 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	05:00 AM (60 min) BootCamp - MacFit Body Boot Camp Advanced	06:00 AM (30 min) Core Blast
	06:00 AM (30min) Core Blast	05:00 AM (60 min) Strength & Agility	06:00 AM (30min) Core Blast	05:00 AM (60 min) Strong Body	06:00 AM (30min) Core Blast	07:00 AM (60 min) <b>Gauntlet 360</b>
	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 (30 min) Glute Camp
	09:30 AM (60 min) Pilates Mat	09:30 AM (30min) Body Attack	09:30 AM (60 min) Pilates Mat	9:30 AM (30 min) Body Attack		08:00 AM (60 min) Zumba
						09:00 AM (60 min) Body Pump360
						10:00 AM (60 min) Pilates Mat
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	04:30 AM (60 min) Body Pump	05:00 PM (30min) TRX Total Body Blast	12:00 PM (60 min) Zumba	05:00 PM (30 min) TRX Total Body Blast	06:00 PM (60 min) Pilates Mat	
	05:30 PM (60 min) Soca HIIT	05:30 PM (30min) Glute Camp	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 (60 min) Soca HIIT	06:00 PM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate		
	06:00 PM (30 min) Strong by Zumba	06:30 PM (60 min) YogaFit	06:00 PM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	06:30 PM (60 min) Yoga Fit		
			06:00 PM (30 min) Strong by Zumba			
			07:00 PM (60 min) Pilates Mat			