

Class Schedule

WHATS HAPPENING AT
MACFIT360 TODAY!

MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center
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**SUNDAY, OCTOBER 6TH -
SATURDAY, OCTOBER 12TH, 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
9:00 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 (30 min) Core Blast	05:00 AM (60 min) Strength & Agility	06:00 AM (30 min) Core Blast	05:00 AM (60 min) Strong Body	06:00 AM (30 min) Core Blast	07:00 AM (60 min) Gauntlet 360
	06:30 AM (30 min) HIIT360	06:00 AM (30 min) Core Blast	06:30 AM (30 min) HIIT360	06:00 AM (30 min) Core Blast		08:00 AM (60 min) Zumba
	09:30 AM (60 min) Pilates Mat	09:30 AM (30 min) Body Attack	09:30 AM (60 min) Pilates Mat	9:30 AM (30 min) Body Attack		09:00 AM (60 min) Body Pump360
						10:00 AM (60 min) YogaFit
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	05:00 PM (30 min) Body Attack	05:00 PM (30 min) TRX Total Body Blast	05:00 PM (30 min) Body Attack	05:00 PM (30 min) TRX Total Body Blast	06:00 PM (60 min) Pilates Mat	
	05:30 PM (30 min) SOCA HIIT	05:30 PM (30 min) Glute Camp	05:30 PM (60 min) SOCA HIIT	05:30 PM (60 min) Zumba		
	06:00 PM (60 min) BootCamp - MacFit Body Boot Camp Beginner / Intermediate	06:00 PM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	06:00 PM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	06:00 PM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate		
	06:00 PM (30 min) Strong by Zumba	6:30 PM (60 min) YogaFit	06:30 PM (30 min) Strong by Zumba	6:30 PM (60 min) YogaFit		
			07:00 PM (60 min) Pilates Mat			