

# Class Schedule

WHATS HAPPENING AT  
MACFIT360 TODAY!

## MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center  
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SUNDAY, DECEMBER 8TH -  
SATURDAY, DECEMBER 14TH, 2019

SUN	MON	TUE	WED	THU	FRI	SAT
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
	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) <b>Gauntlet 360</b>	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	06:00 AM (30min) 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 (30min) 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) Pilates Mat
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	05:30 PM (30 min) Soca HIIT	05:00 PM (30min) 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	
	06:00 PM (60 min) BootCamp - MacFit360 Body Boot Camp Beginner / Intermediate	05:30 PM (30min) Glute Camp	05:30 PM (60 min) Soca HIIT	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	06:30 PM (60 min) Yoga Fit		
			07:00 PM (60 min) Pilates Mat			