

Class Schedule

WHATS HAPPENING AT
MACFIT360 TODAY!

MACFIT360 FITNESS & PERFORMANCE CENTER

Harbour Bay Shopping Center
Phone: 393-0071 • 393-0073
harbourbay@macfit360.com



SUNDAY, MARCH 15TH, 2020 -
SATURDAY, MARCH 21ST, 2020

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) MacFit Body Boot Camp Advanced	05:00 AM (60 min) MacFit360 Body Boot Camp Beginner / Intermediate	05:00 AM (60 min) Gauntlet 360	05:00 AM (60 min) MacFit360 Body Boot Camp Beginner / Intermediate	05:00 AM (60 min) 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	6:00 AM (30 min) Core Blast		08:00 AM (30 min) Just Dance Fitness
	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) Pilates Mat
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES
	05:00 PM (30 min) Strong Body	05:00 PM (30 min) TRX Total Body Blast	05:00 PM (30 min) Strong Body	05:00 PM (30 min) TRX Total Body Blast	06:00 PM (60 min) Pilates Mat	
	05:30 PM (30 min) HIIT360	05:30 PM (30 min) Glute Camp	05:30 PM (30 min) HIIT360	05:30 PM (30 min) Glute Camp		
	06:00 PM (60 min) MacFit360 Body Boot Camp Beginner / Intermediate	06:00 PM (30 min) Just Dance Fitness	05:30 PM (60 min) Soca HIIT	06:00 PM (30 min) Just Dance Fitness		
	06:30 PM (60 min) Pilates Mat	06:00 PM (60 min) MacFit360 Body Boot Camp Beginner / Intermediate	06:00 PM (60 min) MacFit360 Body Boot Camp Beginner / Intermediate	06:00 PM (60 min) MacFit360 Body Boot Camp Beginner / Intermediate		
		06:45 PM (60 min) YogaFit	07:00 PM (60 min) Pilates Mat	06:45 PM (60 min) Yoga Fit		