

Max Fitness : 1415 W Dupont Rd

Group Exercise Schedule

Morning Classes

Morning Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 Cycle Sara (60)	5:30 BodyPump Beth (60)	5:30 Cycle Sara (60)	5:30 BodyCombat Beth (60)	5:30 Cycle Sara (60)	8:00 Cycle Tammy (60)
		8:30 Stretch Mary (30)		8:30 Stretch Mary (30)	8:15 Cycle Mary (45)	8:00 BodyCombat Beth (45)
		9:00 Pilates Mary (60)		9:00 Pilates Mary (60)	9:00 Stretch Mary (45)	9:00 BodyPump Beth (60)
						9:00 MaxBurn CT (60)
						10:00 Hip-Hop Ian (60) begins 8/5
						11:00 ButiYoga Rotation (60)

Afternoon/Evening Classes

Afternoon/Evening Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:00 PiYo Lauren (60)	5:30 Pilates Mary (30)	4:00 PiYo Lauren (60)	5:00 Zumba Angie (60)	5:00 PiYo Lauren (60)	12:15 FlowYoga Courtney (60) begins 8/5
	5:30 BodyPump Kristi (60)	6:00 Kickboxing Mary (60)	5:00 Zumba Angie (60)	6:00 BodyCombat Kami (60)		
	6:00 MaxBurn Josh (60)	6:00 MaxBurn CT (60)	6:00 MaxBurn CT (60)	6:00 MaxBurn Ian (60)		
	6:30 Hip-Hop Ian (60)	6:00 Cycle Jennifer (60)	6:00 RIP(barbell) Kami (60)	7:00 ButiYoga Rotation (60)		
		7:00 ButiYoga Rotation (60)	7:00 Cycle Jennifer (60)			

All Group Exercise Classes are included with VIP or Family memberships!

Drop in rate: \$10/class

Follow us on FaceBook for updates, adjustments and new classes!

@MaxFitnessFTW