

ELEVATE

FITNESS GYM

Membership

	MON	TUES	WED	THUR	FRI	SAT	SUN
7.00AM	Total Body Tone	Power Punch	Kettlebells	Bootcamp	HIIT		
8.00AM	Yoga		Yoga				
9.00AM			Aqua	Aqua			DanceFit
9.30AM	Legs, Bums & Tums	Booty Shape	Circuit	30 Minute Arms	Body Conditioning	Circuit	Functional Fit
10.30AM						Power Punch	Total Body Tone
12.15PM		Getting Active			Get Active Circuit		
5.30PM	HIIT	HIIT	Total Body Tone	DanceFit	Legs, Bums & Tums		
6.30PM	Circuit	DanceFit	30 Minute Abs	Power Punch	Kettlebells		
7.30PM	30 Minute Arms	Body Conditioning	Stretch & Mobility	Kettlebells			

BE YOUR BEST

start your commitment today...

   /elevate_fitness.gym

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