

Fitness Class Schedule

Winter 2024
January - March



	<i>Days of Week</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Class times</i>						
6:15am		Misfit the Beast Land "gym"	Misfit the Beast Land "gym"	Misfit the Beast Land "gym"	Misfit the Beast Land "gym"	
7:15am		Misfit the Beast Water HIIT	Misfit the Beast Water HIT	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT
8:15am		Misfit the Beast Water HIIT Focused Flexibility	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT Focused Flexibility	Misfit the Beast Water HIIT	Misfit the Beast Water HIIT
9:30am		Aqua Healing Aqua Jogging	Aqua Interval Training	Aqua Healing Aqua Jogging	Aqua Interval Training	
10:15am		Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	
11:00am		River Walk Workout	River Walk Workout	River Walk Workout	River Walk Workout	
6:00pm		Misfit the Beast Land "gym"			Misfit the Beast Land "gym"	

Special Events
TBD

Winter Challenge ends
February 17th

Misfit Land Classes are
Pre-Register ONLY!

More
information on
the back.