

CLUB4FITNESS - FLOWOOD MAY 2024 SPRING GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> GRIT STRENGTH 5:15AM - 5:45AM CLUB4STUDIO</p> <p> CORE 5:45AM - 6:15AM CLUB4STUDIO</p> <p> BODYPUMP 9:00AM - 9:45AM CLUB4STUDIO</p> <p>FLEX EXPRESS 9:50AM - 10:20AM CLUB4STUDIO</p> <p> CORE 12:15PM - 12:45PM CLUB4STUDIO</p> <p> BODYPUMP 1:00PM - 1:30PM CLUB4STUDIO</p> <p> BODYATTACK 4:45PM - 5:15PM CLUB4STUDIO</p> <p>H.E.A.T. 5:30PM - 6:15PM CLUB4STUDIO</p> <p> BODYBALANCE FLEXIBILITY 6:20PM - 6:50PM CLUB4STUDIO</p>	<p> BODYCOMBAT 5:15AM - 6:00AM CLUB4STUDIO</p> <p> CORE 8:45AM - 9:15AM CLUB4STUDIO</p> <p> YOGA 9:20AM - 10:05AM CLUB4STUDIO</p> <p> BODYPUMP 12:15PM - 12:45PM CLUB4STUDIO</p> <p> BODYBALANCE FLEXIBILITY 12:45PM - 1:15PM CLUB4STUDIO</p> <p> barre 4:30PM - 5:00PM CLUB4STUDIO</p> <p> GRIT ATHLETIC 5:15PM - 5:45PM CLUB4STUDIO</p> <p> Shapes 5:45PM - 6:30PM CLUB4STUDIO</p>	<p> BODYPUMP 5:15AM - 6:00AM CLUB4STUDIO</p> <p> BODYBALANCE FLEXIBILITY 6:30AM - 7:00AM CLUB4STUDIO</p> <p> Shapes 9:00AM - 9:45AM CLUB4STUDIO</p> <p> BODYBALANCE 9:50AM - 10:20AM CLUB4STUDIO</p> <p> BODYATTACK 12:15PM - 12:45PM CLUB4STUDIO</p> <p> CORE 1:00PM - 1:30PM CLUB4STUDIO</p> <p> DANCE 4:30PM - 5:15PM CLUB4STUDIO</p> <p> BODYPUMP 5:30PM - 6:30PM CLUB4STUDIO</p> <p> BODYBALANCE FLEXIBILITY 6:30PM - 7:00PM CLUB4STUDIO</p>	<p> BODYATTACK 5:15AM - 6:00AM CLUB4STUDIO</p> <p> GRIT STRENGTH 8:45AM - 9:15AM CLUB4STUDIO</p> <p> CORE 9:20AM - 9:50AM CLUB4STUDIO</p> <p> BODYPUMP 12:15PM - 12:45PM CLUB4STUDIO</p> <p> BODYBALANCE FLEXIBILITY 12:45PM - 1:15PM CLUB4STUDIO</p> <p> CORE 4:30PM - 5:00PM CLUB4STUDIO</p> <p> GRIT STRENGTH 5:15PM - 5:45PM CLUB4STUDIO</p> <p> DANCE 6:00PM - 6:45PM CLUB4STUDIO</p>	<p> GRIT CARDIO 5:15AM - 5:45AM CLUB4STUDIO</p> <p> CORE 5:45AM - 6:15AM CLUB4STUDIO</p> <p> BODYPUMP 9:00AM - 9:30AM CLUB4STUDIO</p> <p> BODYBALANCE FLEXIBILITY 9:35AM - 10:05AM CLUB4STUDIO</p> <p> barre 12:15PM - 12:45PM CLUB4STUDIO</p> <p> GRIT CARDIO 4:45PM - 5:15PM CLUB4STUDIO</p> <p> BODYPUMP 5:30PM - 6:30PM CLUB4STUDIO</p>	<p> BODYPUMP 9:00AM - 9:45AM CLUB4STUDIO</p> <p>CARDIO ROTATION 10:00AM - 10:45AM CLUB4STUDIO</p> <p> BODYBALANCE 11:00AM - 11:45AM CLUB4STUDIO</p>	<p> DANCE 1:30PM - 2:00PM CLUB4STUDIO</p> <p> BODYPUMP 2:00PM - 2:45PM CLUB4STUDIO</p> <p> BODYBALANCE 3:00PM - 4:00PM CLUB4STUDIO</p>