

FIT HOUSE CLASS SCHEDULE

MONDAY

6AM-8PM: OPEN GYM/FITNESS EXPRESS

6AM-9AM: COVFIT 21 (MONICA)

11:30AM: ZUMBA (JESSICA)

12:30PM: RETROFIT+ (LETHA)

4:30-7:30PM: COVFIT 21 (MONICA)

3PM-5PM: FITNESS 101 (JESSICA)

5PM: ZUMBA POUND (JESSICA)

4:15PM-8:00PM: MUSCLEVILLE/BFS

(STEVIE-LESTER)

PRESCRIPTIVE FITNESS: BY

APPOINTMENT ONLY (MANDY)

FIT HOUSE CLASS SCHEDULE

TUESDAY

6AM-8PM: OPEN GYM/FITNESS EXPRESS

6-9AM: COVFIT 21 (MONICA)

9AM: MUSCLEFIT (GEORGE)

11AM: RETROFIT (GEORGE)

12PM: ZUMBA POUND (JESSICA)

1PM: SENIORCISE (LETHA)

5-7:30PM: MUSCLEFIT (GEORGE)

5PM: TABATAS (JESSICA)

4:15-8PM: MUSCLEVILLE (LESTER)

PRESCRIPTIVE FITNESS: BY

APPOINTMENT ONLY (MANDY)

FIT HOUSE CLASS SCHEDULE

WEDNESDAY

6AM-8PM: OPEN GYM/FITNESS EXPRESS

6-9AM: COVFIT21 (MONICA)

11:30AM: ZUMBA (JESSICA)

3-5PM: FITNESS 101 (JESSICA)

4:15-8:00PM: MUSCLEVILLE/BFS (STEVIE-LESTER)

4:30-7:30PM: COVFIT21 (MONICA)

5PM: YOGA (JESSICA)

PRESCRIPTIVE FITNESS: BY APPOINTMENT ONLY (MANDY)

FIT HOUSE CLASS SCHEDULE

THURSDAY

6AM-8PM: OPEN GYM/FITNESS EXPRESS

6-9AM: COVFIT21 (MONICA)

9AM: MUSCLEFIT (GEORGE)

11AM: RETROFIT (GEORGE)

12:00PM: ZUMBA STRONG (JESSICA)

1PM: SENIORCISE (LETHA)

5-7:30PM: MUSCLEFIT (GEORGE)

6:30-8PM: MUSCLEVILLE (LESTER)

**PRESCRIPTIVE FITNESS: BY APPOINTMENT
ONLY (MANDY)**

FIT HOUSE CLASS SCHEDULE

FRIDAY

6AM-8PM: OPEN GYM/FITNESS EXPRESS

6AM-9AM: COVFIT21 (MONICA)

**10:30AM: SENIOR FUN BUNCH
(GEORGE/LETHA)**

11:30AM: ZUMBA STEP (JESSICA)

3PM-5PM: FITNESS 101 (JESSICA)

5:00PM: ZUMBA POUND (JESSICA)

4:15PM-8:00PM: MUSCLEVILLE (LESTER)

**PRESCRIPTIVE FITNESS: BY
APPOINTMENT ONLY (MANDY)**

FIT HOUSE CLASS SCHEDULE

SATURDAY

8AM-1PM: OPEN GYM

**9AM- CROSSFIT SUPERFIT SATURDAY
(GEORGE)**

11AM- RETROSTRONG (GEORGE)