

THIBOD FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6AM		BOOT CAMP		BOOT CAMP	BOOT CAMP	
7AM						BOOT CAMP
7:45AM	<u>GPT (must sign up in advance)</u>	<u>GPT (must sign up in advance)</u>	<u>GPT (must sign up in advance)</u>	<u>GPT (must sign up in advance)</u>	<u>GPT (must sign up in advance)</u>	
8:15AM						YOGA FUSION WITH JENNY
9AM	ZUMBA WITH CRISSY	DANCE TRANCE WITH ERIN	ZUMBA WITH CRISSY	DANCE TRANCE WITH ERIN	ZUMBA WITH MAYRA	
9:30AM						ZUMBA WITH CRISSY
10AM	STRENGTH & STRETCH (30 min FREE class)	YOGA FUSION WITH JENNY	<u>GPT (must sign up in advance)</u>		DANCE TRANCE WITH ERIN	
10:30AM	<u>GPT (must sign up in advance)</u>					
4:45PM	DANCE TRANCE WITH ERIN		DANCE TRANCE WITH ERIN			
5:30PM		ZUMBA WITH CRISSY		ZUMBA WITH CRISSY		
5:45PM	THI BODY ROCK (30 min HIIT)		THI BODY ROCK (30 min HIIT)			
6:45PM				<u>REVUE (MUST SIGN UP IN ADVANCE)</u>		

3906 US HWY 98 Suite 15 * thibodfitness@gmail.com * Text 850-294-6911* "LIKE" us on FaceBook

***Daily Schedule is posted on MindBody AND FaceBook, please always check MindBody or FaceBook for current classes**

GPT= GROUP PERSONAL TRAINING * BOOT CAMP IS A 6 WEEK PROGRAM.

We have child care for most all our classes \$2/child per class. Please text 850-294-6911 at least on hour before the class for child care.

